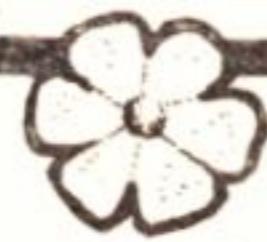
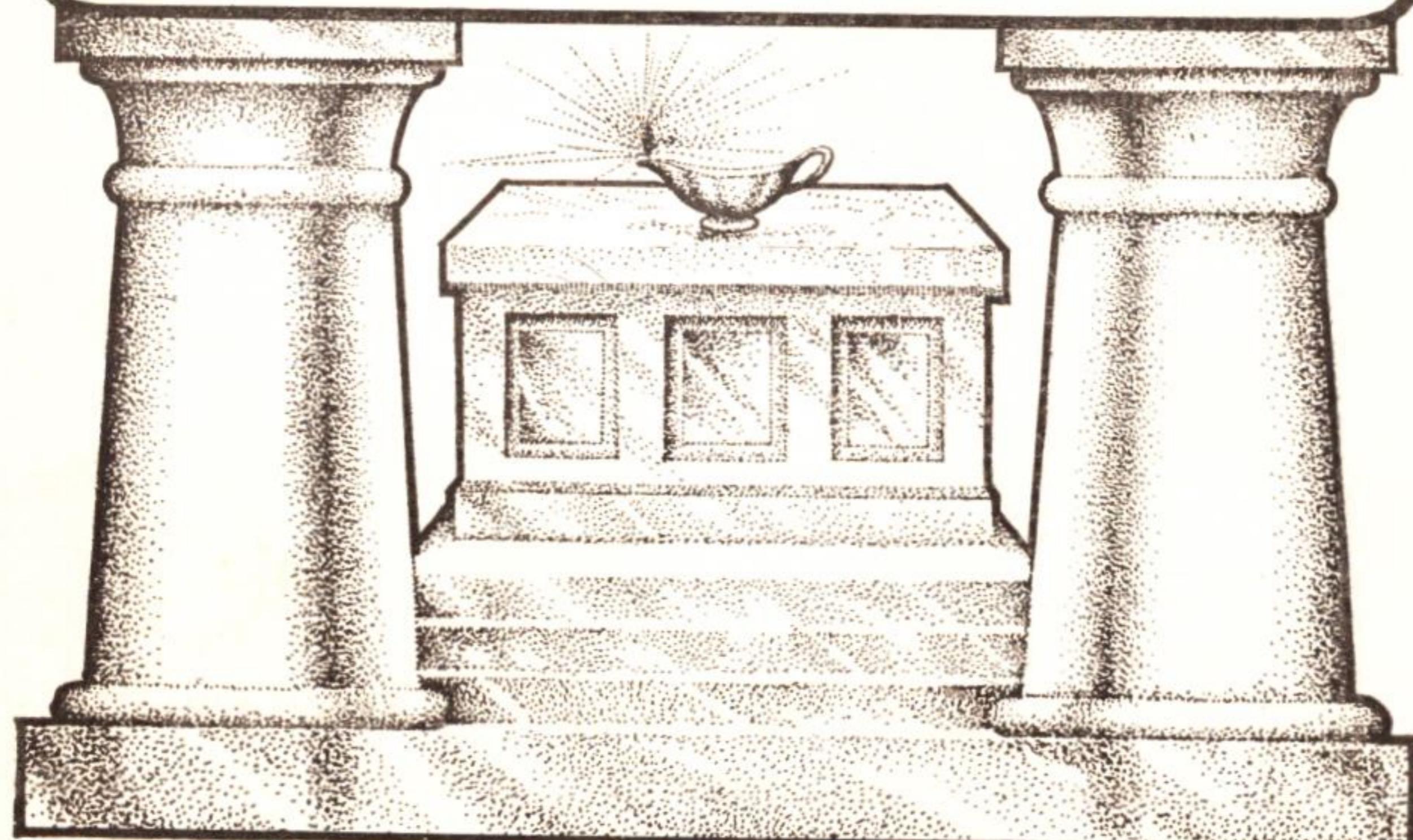


The  
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Osteopath  
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NOVEMBER 1902

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# The Northern Osteopath,

VOL. 9. MINNEAPOLIS AND DES MOINES, Nov. 1902. No. 5.

## Contributions

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### **A Short History of the Growth of Osteopathic Legislation in Iowa.**

Paper read by Dr. C. L. Parsons, Iowa Falls, before the State Osteopathic Association.

It has been the axiom of the ages that every new discovery of truth has had to fight for every inch of vantage ground.

Entrenched ideas have been loath to be disturbed, and so have endeavored to crush out any innovation.

This is a distinctly scientific age and there has been a warmer welcome given to new discoveries that are to benefit mankind, in the last decade than ever before.

And yet when the greatest discovery of the age was made a few years ago by Dr. Andrew Taylor Still, it was met by sneers and contumely and, as these gave way before the successes of the new science, by open fighting and concealed bushwhacking. I am not sorry we have to fight for all the world has given us.

It has made us more vigilant and we, being compelled to give constantly a reason for the hope that is in us, have been compelled to fortify revealed facts with reason and develop the discovery of Dr. Still into a teachable science. Among the other fights in which we have been engaged is the one in this state for legal recognition. Nei-

ther has this always been conducted according to the rules of modern warfare. Of this war, such as it was, I have been appointed by your committee as historian, and I hope I shall not prove to be a McClay, but a faithful chronicler of the facts.

Until the winter of 1897 there was not a very strong medical law upon our statute books, and early graduates of Osteopathy found this state a fruitful field for their labor, without danger of legal interference.

The medical doctors, ever fearful of anything that might prove a formidable adversary, looked askance upon this new rival, but were powerless under the law to prevent the practice.

That winter there was to be a special session of the legislature for the purpose of revising the code. Osteopaths were few and resting in fancied security.

An appeal was made to the State Board of Health, a recent creation of the legislature. The members of the legislature were wont to listen with respectful attention when they spoke, for were they not selected to be guardians of the public health?

This body of medical men proved themselves then what we have all learned them since to be, a subservient tool of the medical profession rather than a servant of the people, which was intended in its organization.

Under the guise of protecting the public against frauds and fakes, they secured the passage of a law which virtually drove every osteopath from the state.

A few, however, were hardy enough to remain and test the law, notably Dr. A. Still Craig, practicing at Rock Rapids, with his grandfather, and Dr. Gilmore, then an undergraduate.

Dr. Craig was arrested to test the validity of the law, but the arrest did not make much of a test as he was tried before a justice of the peace and acquitted, so that a ruling was never secured from the district or supreme court.

He had made so many friends for himself and the profession, the prosecuting attorney, the sheriff and the justice all having been treated, or had members of their families treated by the doctor in such a manner as to make them believe in him and his profession, so that probably the verdict of the court was more an echo of public opinion than a good interpretation of the law.

But the arrest served to draw the attention of osteopaths and

their friends to the iniquity of the law itself, and before another test case could be prepared another general assembly was in session.

Dr. A. G. Hildreth, of Kirksville, was sent to Des Moines, to look after the interests of the osteopaths. He proved to be a power for good.

One thing he had in his favor: The medical men thought the science so puny an infant, and themselves so well entrenched in the law upon the statute books, that they paid but little attention to the one lone osteopath who was occasionally seen around the corridors of the capitol building. There were several medical men in both houses of the general assembly, but Dr. Hildreth had made friends for himself and the science among the influential members of both houses before they were aware of the situation. There was a short but decisive struggle. The spirit of fair play, which is an American trait of character, triumphed, and the law introduced by Dr. Hildreth passed both houses and went to Gov. Shaw, then but recently elected, for his signature.

Some pressure was brought to bear upon him not to sign the bill, but he gave it his signature and it became a law. Among those who voted and worked for this measure were such men as Senators Mitchell, who introduced the bill in the senate, Allyn, Carroll, Eaton and Gorrell. Senator Gorrell was a medical doctor of the old school but he had come into contact with osteopathy in its practical workings and was too broad minded a man to antagonize a demonstrated truth, so gave to the bill his support.

In the house, Speaker Funk, Representative Frink, of Page county, who introduced the bill, and Dr. Prentiss, of Ringgold, who always stood in legislation for the broadest liberty, did yeoman service for the bill. After the bill passed the house, Ladd moved to reconsider, but many timid friends who had been afraid to vote for the bill itself, helped to kill this proposition and the bill was saved.

A large number of osteopaths speedily came into the state and began to practice.

The law, upon trial, proved to be somewhat faulty. It was modeled after the Missouri law, and some phases of it were inconsistent with our laws, and then by mistake the penalty clause for violation was omitted.

This proved, however, to be a blessing in disguise. The ever subservient Board of Medical Examiners refused to obey the plain mandates of the law and refused to recognize any osteopathic diploma or school.

They took the broad ground that the law contemplated that they should be judges of what constituted a school of osteopathy in good repute as such, and held that as osteopathy was in itself a thing of ill-repute, of course no school or graduate could be in good repute.

One of their number even went so far in an official communication to the organ of the State Board of Health as to say that every osteopath was either a knave or a fool.

This condition existed for two years without material protest. In two years another legislature convened. The intervening time had been well spent by the medics in politics.

They had not spent much time in combatting the principles of osteopathy, but they had brought all the strength of their powerful organization to bear on the politicians to elect those to the legislature and governmental positions who would favor the abolition of the hated osteopathic law.

How powerful they were can be somewhat estimated when we realize that they defeated Mr. Eaton for speaker and elected a medical doctor in his place, and were the balance of power used to defeat the Hon. A. B. Cummins for United States senator, all because these men were known to be favorable to the osteopaths.

Let it be known, however, that these men remained true to this principle as to others and were two years later rewarded for their fidelity, the one by the speakership of the house, the other by the governorship of this great state.

The osteopaths at the opening of this legislature were found resting on their oars and thinking if a law could be passed favorable to them it would be no trouble to maintain it.

A few men were in favor of trying to change the law so as to strengthen it, but the most of them preferred to let well enough alone.

The medical men had perfected their organization and came up to the legislature with a powerful lobby, and the members of the Board of Health were boasting that they had a majority in both houses pledged to destroy the law.

This aroused the osteopaths to some slight degree and they raised about \$200 for defense. A committee was appointed to look after matters in the legislature and they had a desperate time to hold their own.

At first it looked as though the boast of the medics was to prove true. But one or two among those most pronounced against us were

taken sick and were cured only after trying osteopathy. This won a few friends, others were won by argument and an appeal to fair play.

The medics won the first round of the battle by electing one of their own number speaker and the committees were made up against us.

A great deal of preliminary work was done by both sides, but in the final round up, neither side felt enough confidence to introduce a bill and so the battle was declared drawn, and that legislature was passed by with nothing done.

Two years had now gone by since the passing of the first law, and the Board of Examiners were still refusing to obey the law we had. Your writer had just gone into the field to practice. He, with a few others, thought the matter ought to be tested in the courts.

After consultation with the S. S. Still College authorities, my diploma was filed with the board and a certificate demanded.

When this was refused a suit in mandamus was begun in the Polk county district court. The best legal talent to be found was secured and the other side fortified themselves with the best they could secure.

With Cummins, Hewitt and Wright on one side and Attorney General Milton Remley on the other, we were assured that every law point would be brought out.

By one excuse or another, the other side succeeded in getting delays from time to time until eighteen months elapsed before a verdict was secured.

Some rulings of the court were obtained, however, from time to time which were always favorable to sustaining the law and we were therefore always hopeful of the result.

In the latter part of 1901, Judge Holmes rendered a decision which was a scathing indictment of the actions of the Medical Board, sustaining in every contest the test points of the osteopathic law.

Even after this decision the board refused to obey the court, until compelled by the sheriff to do so. At last the certificate was issued, on the 15th day of May, 1902.

The legislature was to convene again early in January, 1902. This time both sides had prepared for battle.

The osteopaths hoping for the enactment of a stronger law, and the medics hoping to be able to wipe all osteopathic law from the statute books.

Still College, at great cost, had been sending an abundance of edu-

cational literature to every politician in the state and to every one who was likely to be a member of the coming legislature, or the friend of one. Osteopaths were practicing all over the state until no man of prominence could be found who was not more or less familiar with the successes of the new science.

The Board of Health appointed a committee with the avowed purpose of destroying the osteopathic law, but when they began correspondence and interviews they were surprised to find that even their pronounced friends of two years before were lukewarm in their desire to help them.

The osteopaths were now becoming a political force and had to be reckoned with as such. When the legislature convened, the president of the senate and the speaker of the house were both found to be friends of osteopathy and the committees were made up fairly.

Gov. Cummins was also friendly to us, and all this gave us a working advantage. Col. Shaw, chairman of the osteopathic legislative committee, found, however, that no one seemed willing to begin a fight for osteopathy because they felt it would be an enormous fight and bitter enemies would be made.

At this juncture your writer was called to Des Moines. After sizing up the situation, it was decided to beard the lion in his den.

We interviewed members of the Board of Health and medical members of the legislature, and boldly declared to them that we were going to have a law passed to suit us, with or without a fight, as they might choose.

We also offered to try to meet their requirements if they would try to meet ours.

We soon agreed upon a bill, which was practically what the last state osteopathic convention had agreed upon.

We then went to many prominent senators and representatives and found many willing to introduce an agreed bill.

Senator Arthaud, of Taylor, was asked to introduce the bill in the senate, and Representative M. L. Temple, in the house.

These were both strong men in their respective houses and added dignity to our claims.

After the bills were introduced, the medical men began to study them and claimed they had been treated with suggestive therapeutics when the bills were first under consideration, or they would never have agreed to such provisions, and announced their intention to fight the bills.

This angered our friends somewhat, for they had been assured there would be no fight. But some of them said: "If we have to fight, give them all the fight they want." And this we did. But the fighting was all done in committee. Because of our friends, and because of the one hundred and fifty shades of opinion in the legislature, most of which were favorable to us, and yet because they had their own ideas of what a law ought to be, we attempted to frame a measure agreeable to all and the substitute proposed from the committee, as amended in the legislative body, was the result.

This was accomplished by slow degrees and weeks of hard work and watchfulness.

Col. Shaw, during the latter days, watched with untiring zeal to prevent the introduction of words or clauses that might be hurtful to us, and it was to his carefulness largely that the value of the present law is due.

The medics insisted that we should have the same standing in dissection and some other things that they had, and we accepted their view.

The clause accrediting us a member of the State Board of Health was one incorporated at the last moment on the floor of the legislature.

Gov. Cummins speedily signed the bill and it will become a law in a few days. [Is now; was not at the time this paper was read.—Editor.]

I sincerely believe we now have on the statute books of this state the best law for our protection and for the advancement of our profession that has ever yet been adopted by any state in the Union.

One of the coincidences of the struggle was that the senator who introduced the bill in 1902 (Senator Arthaud), represented the same district as the senator (Mitchell) who introduced the first osteopathic bill in 1898.

To Senator Arthaud we owe many thanks. His vigilance and watchfulness, as well as his grasp of the situation were invaluable to us all the time. He went before both committees and argued for the bill and kept tab on every movement that was made.

Representative Temple was also a very valuable aid to us.

My advice is that a legislative committee be kept as a standing committee with a reasonable amount of money to draw upon, that we may never again be caught unawares but able to hold all we have gained.

**Microscopic Diagnosis,****Dr. Blanch L. Thorborn.**

Read before the Iowa State Osteopathic Association, June 26-27, 1902.

Upon your diagnosis depends your prognosis, and upon the latter you so frequently win the confidence of your patient and the admiration and good will of his friends. Even though a patient may die, the friends are in a measure satisfied with you as a physician if you have been able to prognose the course of the disease with a fair degree of accuracy. And in making a physical diagnosis, the work must necessarily be incomplete and unsatisfactory without knowing the chemical and microscopic changes in the various fluids and secretions of the body. The day is certainly past when an osteopath, or any physician, can afford to simply look at the tongue, feel the pulse, or after a simple spinal examination, say: "Your trouble is here. That can be readily corrected." Although many practitioners appreciate fully and frequently use the microscope as a means of diagnosis, yet there are many who, after leaving the college laboratories, with all their appliances, soon overlook or even forget the importance of more careful investigation. Oftentimes, disease in its most insidious form will be found in the kidney, lung or blood, and can be diagnosed beyond any doubt by the microscope. In recognition of this fact, it seems advisable in the few minutes allotted to this discussion, to refresh your memories as to the importance of and offer some suggestions with reference to microscopic diagnosis.

Every few days cases are brought within our experience, the diagnosis of which may be markedly changed after microscopic examinations. The treatment, the diet, the habit of life, many times should be corrected at once upon the recognition of such conditions. Failing to appreciate their gravity or in entire ignorance of the existence of such derangements, how easy it is to fail utterly to reach such cases.

Probably the best and most widely known diagnostitian of the middle west is a man known to his students as "Microscopic Edwards," not so much because he literally puts the patient under the microscope, but rather that he so minutely notes every slight deviation—both in function and structure—from the normal healthy body. And upon such investigation only can a rational osteopathic treatment be founded.

With equal importance perhaps as a failure to recognize the disease condition, is the fact that a claim to have cured certain diseases, such as pulmonary tuberculosis, would meet with not disbelief alone, but ridicule as well, if your diagnosis be unattended by the testimony of microscopic examinations.

It is indeed gratifying to note the continued increase during the past three years in the number of practitioners who are availing themselves of the opportunities of microscopic diagnosis.

Of all the specimens sent in, the number of sputum samples is by far the greatest. While a case of pulmonary tuberculosis in its last stages is usually one not difficult of diagnosis, not so is one in its incipiency, that most important period when any hope of cure can be offered.

A careful physical examination may indicate such a condition, but only a microscopic examination will reveal for a certainty the presence of the tubercle bacilli. And during the winter season, when la grippe is so prevalent, the microscope will, many times, tell the story of a pneumonia before it is recognized by the attending physician.

Too much cannot be said to impress the importance of early recognition of a tubercular process in the lungs. For in the later stages many of you here can testify that the results have been anything but gratifying, and you must admit that you are yet in ignorance of Dr. West's famous discovery of how to cure tuberculosis, especially after the cases have been demonstrated to be tubercular by a microscopic examination. Next in number and importance to a sputum analysis are the urinary sediments.

Get a microscope and use it. If not, send specimen to some competent microscopic specialist.

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### **Osteopathy Defended.**

Brooklyn Eagle, Feb. 3d, 1902.

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To the Editor of the Brooklyn Eagle:

Permit me to say a few words regarding osteopathy. When one reads opposing letters describing this new science as "rubbing," etc., one smiles in half pity at the undisciplined habit of mind that is so ready to pass judgment on the prisoner at the bar before hearing, or even wishing to hear, evidence.

The over-impulsive human mind jumps at conclusions and, rejecting the possibility of being mistaken, declines to inquire or investigate.

Osteopathy is no more "rubbing" than it is flying or swimming!

Osteopathy is the only system which regards the human body as a unified mechanism whose well being depends upon perfect mechanical adjustment. The osteopath might be called a specialist—a spine specialist—for by his success he proves that it is in this much overlooked, well nigh ignored region that most of the ordinary ills of life have their causation.

The spine is the great highway of irrigation whence flow the life-giving circulation and nerve forces. A healthy, supple spine would be rare to find. A slight deflection or curvature, a spot where the vertebrae have grown together, a hardened tissue (resulting from long-indulged improper posture, from fall or jar or other causes) are "deviations" which have grave significance to the watchful anatomist, explaining some mystifying misery in brain or limb or viscera, long endured and never understood by other method or diagnosis. Hence the failure of drugs because readjustment is needed and relief comes—relief which mechanical readjustment alone can give. Thus osteopathy takes out of nature's path the impediments which otherwise make impossible her own repair. The osteopath, with his own acquired skill, turns on the life current which has been choked at its controlling nerve center and the impoverished limb, atrophied into lifeless proportion by brace or plaster, is restored to its natural size and vigor; or the blood-starved organs are likewise thus invigorated.

Like the skillful gardener who removes obstructing debris from his choked up drain, osteopathy restores irrigation with life-giving fluid to the discouraged, depleted organs, and, re-enforced and nourished, it becomes automatically equal to its own repair and specially ordained functions.

What we want is a science, not that will deprive us (plus the attending shock) of affected organs, but a science that will help nature re-establish herself along lines of natural healthful circulation and wholesome well being.

We recognize that it requires a great deal of technique to cut out an organ or portions of it; but advancing progress will more and more demand a scientific method that shall preserve and not destroy.

Osteopathy has come to stay; has come to share honor and triumph with the best methods of the true healing art, and to help push aside and to supersede such of the prevailing methods as are proving them-

selves dangerous and unworthy of the best scientific thought now demanded by progressive man. Enthusiasts? and well we may be! Search for some lost treasure for years—wary years it may be, full of distress or pain. Search for it, I say, and, searching, find. In such case enthusiasm is permissible, and cannot be out of place.

A narrow minded scholar, pointing to a row of Darwin's books, once said, "There is a man I have been opposing for years past, although I have never read a word he has written and never intend to."

Let none be guilty of so bigoted an attitude toward true osteopathy. Let us thrust aside all unworthy pseudo-practitioners and make it difficult for them to pass as belonging to the true school. But in casting out the false let us hold fast to that which in the near future will be recognized both by doctor and layman as a boon and benediction to suffering humanity. Prove all things. By their fruits ye shall know them. Hold fast to that which is good.

#### EXPERIENCE.

New York City.

### Oecology: An interesting Coincidence.

Editor The Northern Osteopath and Cosmopolitan:

The following is copied from the Philadelphia Medical Journal, January 25, 1902, page 161, and is credited to the Lancet of January 4, 1902:

"Thos. W. G. Gann describes a 'beef worm' which was lodged in the soft tissues of the orbital cavity. The worm is found in Central and South America and grows from an egg laid by the parent fly beneath the human skin or mucous membrane. In a few months it attains a length of from one to two inches and a diameter of three-eighths or three-fourths of an inch. It is composed of from twelve to twenty segments and is covered by stiff black hairs or bristles along the middle of the body. The tail end projects through the skin or mucous membrane and has a circular orifice surrounded by a prominently raised margin. The head of the worm is imbedded deeply in the tissues and is possessed of two hook-like projections by which it maintains its position. Its rhythmic motions cause the patient to complain of 'something moving under the skin.' This worm is much more prevalent in some districts than in others, and some individuals seem to possess a peculiar susceptibility and others an equally peculiar immunity to the worm.

The case reported is that of a lad 18 years of age who presented himself with a considerable swelling at the inner canthus of the eye. Close inspection revealed the opening of the tail of the worm. The natives remove these worms by applying tobacco over the opening which produces an apparent narcotism of the insect and renders its removal by pressure comparatively easy. Gann injected a strong solution of tobacco into the aperture of the tail, and a few hours later was able to withdraw the worm. (J. H. G.)"

From the Transactions of the Iowa State Medical Society, page 368, on which is a part of the report of the chairman, Dr. S. Bailey, of Mt. Ayr, Iowa, to the session of the society held at Des Moines, Iowa, May 16th to May 19th, 1900, we quote the following:

"Another new thing under the sun is the injection of morphine into the extruded portion of the tape worm, thus killing the worm and bringing it away entirely. 'No extended clinical reports have been so far received.' Dr. Kime is the originator."

From the above extracts it is quite evident that our transatlantic cousins have taken unfair liberties with a discovery made by one of our own physicians, and in order that history may be kept straight we call attention to the priority of discovery made by Dr. Kime. Dr. Kime has made a number of remarkable discoveries, the hypodermic injection of morphine as above indicated not being the greatest of these. There are a number of other interesting things in the transactions for that year, from which we hope to make elaborate quotations at a later date unless the "Transactions" for the year 1902 shall contain so many things of interest that we shall be dissuaded from going back to the nineteenth century in order to report anything from the society.

X. Y. Z.

Des Moines, May 14, 1902.



## The Editor's Own,

\* \* \* \*

**Dr. J. A. Still, Des Moines, Editor-in-Chief.**

### Prof. Lorenz's "Bloodless" Surgery.

The recent coming of Prof. Lorenz, the eminent Austrian surgeon to Chicago, in response to a summons to operate on the child of Mr. Armour, the multi-millionaire, in consultation with Dr. Ridlon, has attracted considerable attention, and added to his already great notoriety.

Criticisms have been offered on his methods, both favorable and unfavorable. The "wonderful cures" on the one hand have no doubt been exaggerated and on the other hand efforts have been made to minimize the importance of his work.

That his methods have been successful we do not question, but while this is true, false impressions have gone forth as to the ultimate results and the time required to effect what in the end is not invariably a cure and in a great many cases not an absolute one.

The one significant fact, however, in the reduction of the congenital dislocation of the hip, is that Prof. Lorenz makes no use of the knife, but effects the reduction solely by manipulation. Having effected the reduction, the leg is held in a position of flexion and abduction by means of a plaster of Paris cast until by pressure the head of the femur has once more opened up the acetabulum.

So far as the proceedings are concerned they are essentially and wholly osteopathic; that is to say there is nothing, so far as we understand the methods, but that is perfectly in accord with osteopathic principles. We do not mean to say that these are the precise methods used by osteopaths in these cases in every particular, but there is nothing in the methods that an osteopath would hesitate to use if he thought best, and they are in perfect harmony with methods used by the osteopaths in other instances. The manipula-

tions are purely osteopathic, while the use of the cast where indicated in order to secure rest, whether in fracture, dislocation, or Pott's disease, to give nature a chance for her healing process, is certainly in harmony with sound osteopathic principles.

The osteopathic method, however, is to gradually prepare the tissues for the reduction of the dislocation, rather than to use the instantaneous forcible method.

As to the criticisms of the Illinois State Board of Health we have nothing to say except that if the Professor was expecting to practice in this country aside from fulfilling his engagement in consultation with Dr. Ridlon we presume it was nothing more than proper according to existing laws and international customs, that he should be examined and pay his license, neither of which we presume would be a hardship in view of his eminent qualifications and the handsome fees he is receiving for his services. In regard to the latter, various rumors are afloat. We are reliably informed that the fee was \$25,000 and \$1,000 a day for each day spent in America, including his visits.

#### Join the A. O. A.

Every graduate of Still College is earnestly solicited to remit \$5.00 to Dr. Irene Harwood Ellis, 178 Huntington Avenue, Boston, Mass., and take active membership in the American Osteopathic Association. If there were no other motive it will be profitable to each graduate to have his name and location carried in the official journal as a member of that association, because it is frequently referred to by the graduates when they are asked for the addresses of osteopathic practitioners in the various parts of the country. If you have one patient referred to you in a year it will pay dividends of 400 per cent on the investment, but in addition the American Association is the only organization that takes a broad view of the general interests of osteopathy throughout the nation. Organizations for battles in its interest in the states where it is found necessary to advance its interest and welfare have been formed. No energetic or ambitious and earnest graduate cares to receive these benefits as a deadhead at the expense of his fellow practitioners but takes membership and pays the bills therefor, and the practitioners who have the interest of the science at heart will turn from the reading of this item and write a letter sending their membership fee to the treasurer.

**The Charge and the Defense.**

The two clippings below are indicative of the way things may be looked at from different angles of vision or from different viewpoints:

It seems that in the argument at least the woman is able to hold her own, and we are disposed to credit her ability to minister in the healing art. Indeed, we have had too many examples of her ability to question it for a moment.

**Women's Medical School Closed.**

The abolition of the Women's Medical School of Northwestern University has been decided upon by the trustees of the university after a consideration of two years. The school was founded 30 years ago by W. H. Byford and in 1891 was consolidated with Northwestern University. The cost of the school has been increasing for several years until the university was compelled to appropriate \$25,000 a year to cover the difference between the school's receipts and disbursements. The students in the Women's Medical School numbered over 70, among them Princess Bamba Dhuleep Singh.

**Women Doctors.**

That women make the best doctors is the declaration of Mrs. Florence Dressler, secretary of the Chicago College of Medicine and Surgery, in reply to an intimation of a trustee of the Northwestern University medical school that to make a good doctor of a woman was impossible. Mrs. Dressler is both a woman and a doctor. She ought to know.

According to Mrs. Dressler's elaborate defense of her sex as healers of the sick, doctoring is essentially a woman's work. She takes up the different branches of the profession and proves her point. "The preparation of media for the cultivation of bacteria," she declares, in a burst of enthusiasm, "is in the nature of soup making, and the care of the incubator during development of the germs requires no more attention than a bake oven." Though somewhat disquieting to a delicate stomach, this declaration probably is quite correct. Going still further, Mrs. Dressler likens the mixing of extracts, tinctures, syrups and the like to "the manufacture of a fine array of jams and jellies for table use."

Mrs. Dressler cleverly disarms her critics when she reaches the subject of surgery. "Skillful surgery," she writes, "with a woman in the field, now means the saving of a part rather than its sacrifice. No

fee of whatever amount will tempt a woman doctor to risk human life by removal of a kidney or other necessary organ when sanitary remedies will so much better accomplish the work." Now, isn't that neatly turned?

But Mrs. Dressler grows positively poetic when she reaches the subject of dissection. The separation of a human cadaver from its most valued anatomical possessions strikes her as appealing to every woman's most aesthetic and refined instincts, quite on a par with the fashionable accomplishment of working that mysterious and dainty thing called Battenberg, or painting impossible flowers on china. "Dissecting," she asserts, "is the least intricate of all, resembling to a woman's mind the lifting off of beautiful layers of yarn with delicate interlacing, and here a woman's delicate touch is again required for skillful separation." Even Dr. Spelman will have to take off his hat to arguments like this. Mrs. Dressler may step up to the head of the class.

#### **Death of Virchow**

Along with anatomy and physiology the osteopath looks upon pathology as not only essential but at the very basis of the science of healing, while any science that contributes to an accurate knowledge of the body, either microscopically or macroscopically, in either normal or pathological conditions, is of the utmost importance. To Virchow belongs the honor of having stood in the front ranks, if not at the very head of those who have developed the science of pathology. He has been termed "the Nestor of German pathologists."

Not only was his career extensive as to duration, but in the great variety of his achievements and their far-reaching results. Only a year ago (Oct. 13) had he celebrated his eightieth birthday. Sixty years had he been a doctor, having taken his degree as an M. D. in 1842, at the age of 21. Fifty-five years a professor, in which capacity he was especially distinguished, for he was "not so much a practitioner of medicine as a teacher of practitioners," and that not so much in the use of drugs as in the scientific facts which lie at the basis of all true therapeutics—an accurate knowledge of the conditions of the tissues and cells of the body, in their pathological as distinguished from their normal conditions and activities.

As a scientist of note his career dates back almost to the very beginning of his professional life. Even prior to his Wurzburg appointment to the chair of pathological anatomy, he had been sent on a mission by the government to investigate the epidemic of typhus

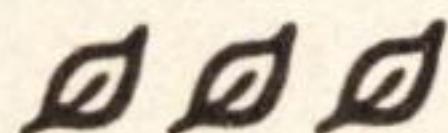
fever among the highlanders of Silesia, gaining for himself signal honors. His researches extended into the fields of physiology and ethnology as well as pathology.

The varied character of his writings is indicated by the following, which is a partial list of his works, as summarized by one of our exchanges: "The Rheumatite Cornea, Phlebitis, Thrombosis, Embolism, Cellular Pathology, Morbid Tumors, Amyloid Degeneration, On Typhus in Hungary, Lectures on Life and Disease, Nourishment and Well-Being, A Handbook of Special Pathology and Therapeutics, Collections of Contributions of Scientific Medicine, The Movement in Favor of Unity in Scientific Medicine, Origin and Coagulation of Fibrin, White Blood Corpuscles, Inflammation of Blood Vessels, Contributions to the Pathology of the Skull and Brain, Granular Appearance of the Walls of Cerebral Ventricles, Cretinism and New Formation of Gray Cerebral Substance."

Not only does this list indicate the wide range of his investigations, but to those who are familiar with his work it is also significant because of their influence in turning from mystical speculations to more accurate observations of the real conditions which must be understood in order to rightly apply the principles of therapeutics.

It was thought that the discoveries of Pasteur as to the bacterial origin of disease would overthrow some of the teachings of Virchow in regard to the origin of disease, e. g., "that whatever acted upon a cell from without produced a change, either chemical or mechanical, in the cell structure, and that these changes were the cause of disease." The conflict, however, seems to be more apparent than real and indeed the two discoveries are now regarded as supplementing each other.

As a politician Virchow also distinguished himself. He early entered upon political life, where his ultra and positive convictions won for him many enemies, among whom was Count Bismarck, by whom he was even challenged to a duel, which, however, was happily averted.



## Health Department,

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**Dr. C. W. Young, Ph. B., D. O.**

### Constipation.

Every article I see on this subject in an osteopathic magazine I always read with avidity and with resulting benefit. Constipation is the foundation of the great majority of diseases. I would define it as abnormal accumulations of fecal matter in the colon. Under this definition many people with diarrhoea are badly constipated, likewise many having large movements of the bowels one or more times a day. The danger of constipation is the absorption of the filth of the colon by the blood. The kidneys, skin and lungs are over-worked in attempting to eliminate these impurities with resulting diseases of these organs. The mucous membranes are often forced to become eliminating organs, causing catarrh. The causes of colds are accumulated filth in the colon and the breathing of foul air. Nature attempts to get rid of these impurities through the mucous membranes by means of abnormal discharges. Causes: The principal causes of constipation are muscular inactivity and over-eating. One engaged in a sedentary occupation must be everlastingly alert to see to it that he is sufficiently active physically to cause the colon to fully discharge its contents.

Drugs: Ever since experiencing the intense revulsions in early childhood caused by swallowing the poisons that my mother called medicine I have always been rather skeptical as to the real utility of drugs as curative agents. Still, for a long time, I had considerable respect for castor oil, rochelle salts and rhubarb. They seemed to have such an elegant effect in clearing out the bowels. For many years I believed that it was right to use drugs as a physic, but this belief began to waver when I learned that the osteopath could normalize bowel movements by manipulation, and the belief completely disappeared when I began to read in medical publications the oft repeated state-

ment that drug purges are a cause of constipation. Beware of cathartics or laxatives! They are sure eventually to injure your health. Medical Talk says: "A rifle bullet will kill a man quicker than cathartic pills, but not any surer."

Nature's Warning. Difficulty in securing bowel movements at least once a day should be taken as a warning that something is the matter with you. It is the beginning of disease and if not corrected promptly, it will in all probability cause you to die prematurely by a process of slow torture instead of the painless passing away brought on by old age. Make up your mind that constipation is not an insignificant matter. Don't be afraid to spend time and money to secure relief. Health is worth more than wealth. Dr. W. R. C. Latson, in *Health Culture*, says: "Constipation is one of the most common and most disastrous disorders to which human flesh is liable. It is ordinarily considered rather as an inconvenience. In reality I know of no disorder carrying so many and so serious consequences." Don't begrudge the fee of an osteopath when he helps you by his natural treatment. Restoration to health can be accomplished with so much more certainty and completeness when attended to at the beginning of disease.

Osteopathic Treatment. I believe there has as yet been discovered no single natural agent so effective for the treatment of constipation as osteopathic manipulation. Some of the nerves that energize the organs of digestion pass out from the spinal cord through openings between the vertebrae. It is the osteopathic theory that when vertebrae are brought too close together or when one or more vertebrae are too far back or too far forward or too much to one side, there is a constant pressure put upon the nerves, preventing them from doing their normal amount of work. The facts are that the osteopath again and again and again in his practice finds these abnormal conditions and benefits his patients most wonderfully by correcting them. Besides correcting the bone lesions the osteopaths can, by manipulating certain muscles, greatly stimulate nerve actions. One of the most effective treatments to secure a movement of the bowels within a few hours is a very strong stimulation of the muscles in the lumbar region, particularly those on each side of the fifth lumbar vertebra. This stimulation should be persisted in vigorously for from five to ten minutes, on each side.

Self Treatment. While the osteopath is giving you treatments there are many things you can do for yourself and thereby secure

greatly increased benefit. Constipation is almost invariably brought about by wrong habits of life. Though the osteopath may bring you complete relief you will in all likelihood be similarly afflicted again if you continue to practice the same habits that originally caused your trouble.

**Self Massage.** In "Our Digestion," a most instructive book, written by Dio Lewis, is a description of a so-called quack doctor in New York City. He professed to be able to cure any disorder of the digestive organs. He would make his patient pay \$500 in advance and would then take him through many winding passage ways to a small dark room and there have him take a solemn oath that he would never reveal the secret. He then told him how to strike, pound, slap and dig into the abdomen. Some of his patients had very tender abdomens and the procedure caused a good deal of pain, but they persisted in order to get their money's worth, and in a few months they found themselves greatly benefited.

Notwithstanding the fact that scarcely any two doctors will agree in all particulars as to what is best to eat for one suffering from constipation, I believe the subject a very important one. All agree that some foods have a much more laxative effect than others. After the digestive organs have become deranged by abnormal habits, inclination or desire are very unsafe guides in determining what is best to eat. Constipated people as a rule seem possessed to eat constipating foods, such as white bread, meat, coffee, pies, cakes, pastry, pancakes and fried things. Eat is rendered almost indigestible by frying or when heated to a very high temperature in other ways of cooking. The constipated person should drink from eight to ten glasses of water every day between meals. Drink small quantities at a time and drink frequently. Eat a great deal of fruit. Most of the vegetables may be eaten. Whole wheat bread, graham bread, most all of the great array of breakfast foods, made of whole wheat and other grains, may be eaten with great benefit. The food should be masticated until it is all liquid before swallowing. Do not eat if you are not hungry. Fasting has proved to be of great benefit in many cases of constipation though the bowels are not likely to move freely during a fast. Some persons have overcome constipation by eating all uncooked food.

**Bathing.** The natural bath, taken while sitting in cold water, about four inches deep, is very helpful in constipation.

**Exercise.** As a rule this is the most important item in dealing

with constipation. Correct poise and deep breathing, as described in last month's *Cosmopolitan* and *Northern Osteopath*, are very helpful. Excessive exercise or exercise beyond that to which one is accustomed may for a time cause sluggishness of bowel movement. Walking long distances in the open air is ordinarily of more benefit than any other single exercise. During a part of your walk inhale deeply and then exhale fully while lifting up the chest by muscular effort and with the hips well back, draw the abdominal organs upward as if to fill in the vacuum formed in the chest. This will have a splendid effect on the organs of digestion. Of the special exercises, the best are those that develop the abdominal muscles.

Stooping forward and sideways and leaning backward. Lie on your back and clasp the hands around the leg just below the knee, then crowd the thigh briskly onto the abdomen. Do this with a will with each limb thirty to one hundred times. While lying on the floor with the feet under a lounge rise to a sitting posture. With face up swing body towards one side and then the other and rise. Turn on each side and rise up by use of the abdominal muscles. Turn face down and with hands clasped over back bring chest up as high as you can, then, without bending knees, bring limbs up as high as you can. You will not be able to go very far, but you will feel a very marked tension in abdominal muscles. While standing, turn the hips first one side and then the other, keeping the chest rigid, then bend forward and rotate the chest around the hips, keeping the hips rigid and the limbs straight.

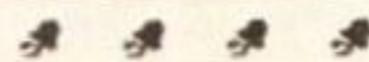
Suggestion. There is probably no disease where suggestion, whether it is masked or given in a formal way, has more utility than in constipation. Some osteopaths appreciate the value of suggestion, but they refrain from using it because they think there is a popular prejudice against it. Explain to your patient that suggestion is not hypnotism but that it is merely using a natural force to accomplish bowel movement. If you fix in your mind over and over again that you want to wake up at a certain hour in the morning to catch a train you can do it. By a similar power, if you repeat over and over to yourself that you will have a bowel movement after breakfast, you are very likely to have one. Contract the sphincters of the rectum many times a day and think of the movement as you do so. Sip water many times a day between meals and as you do so, think of the water as softening the fecal matter and causing a natural movement. As you eat think of the thorough mastication as a means also of producing a natural move-

ment of the bowels tomorrow morning after breakfast. As you breathe while walking and elevating the chest think of the exercise as bringing the natural movement. Let the physician repeat these things over and over again so that the thoughts will sink deeply in the mind of the patient. A good time for an osteopath to give suggestion is at the close of the treatment, after accomplishing the marvelously quieting effect peculiar to osteopathic manipulation after treatment of the neck and face. The suggestions will have a better effect if given while the patient's eyes are closed, and if he succeeds in making no mental opposition to the ideas of the physician.

Colon Flushing. Don't let filth remain accumulated in your colon. It will poison your blood. While securing ample natural movements by the natural means above described and by a return to natural ways of living, it is well to clear out the colon thoroughly by water injections. When commencing osteopathic treatment it may be wise to inject water with fountain syringe and colon tube until you begin to get tired every night just before going to bed, for a week or until all the old accumulations are removed. The abdominal manipulation or self massage will be less likely to cause soreness if there are no fecal masses in the bowels. Colon cleansing is always to be preferred to a cathartic, because it will clear away impactions along the side of the bowel, while the cathartic will force the bowel contents through the channel between these impactions without affecting them. Again, a poisonous drug will always cause a destruction or degeneration of some of the cells or tissues of the body. Colon cleansing should never be relied on as being in any wise a cure for constipation, but the likelihood that this procedure will eventually cause paralysis of the bowels is less than is generally supposed. The colon is forced into activity to eject water and is not likely to atrophy for want of exercise simply because water is used. Any errors described in last month's issue of this journal may cause constipation, hence right living and right thinking in every respect should be attained if one desires to overcome this precursor of serious disease and premature death.

## Some Interesting Cases.

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### Arthritis-Deformans.

One of the many interesting cases before the clinics of the S. C. O. during the past month was one of arthritis deformans, which is being treated by Dr. Frances Dana, of Ogden, Iowa, one of the S. C. O. graduates of the January class, 1902. We hope to have a full report of the case from Dr. Dana, and consequently give only a brief outline at present.

The case is a woman forty-five years of age, a typical case. She had been afflicted for about twenty years, and so crippled for the last fourteen years that she had not been able to be away from home. If she sat down she could not get up. If she wanted to get dinner, she had to remain on her feet all morning. She was extremely emaciated. At the time of commencing treatment she only weighed forty pounds. Had suffered constantly for years, pain being increased on motion, but constantly present, sitting or lying down. The joints were practically immovable, phalanges bent sharply to ulnar side, presenting the "seal fin" deflection of the hand. Heberden's Nodosities were present. Practically all joints of the body were affected, including vertebral and temporo-maxillary articulations.

The results of the treatment have already been most marked and are particularly noticeable in the absence of pain, the increased motility of joints, and in the improved metabolism, the patient now weighing seventy pounds (an increase of thirty in the two months). She insists that she would have been starved to death before this time if relief had not come. She is now able to climb stairs, to do her own housework, and walks a mile every morning. She is in the best of spirits, enjoys her meals and eats like other folks.

The case was first examined by Dr. Forbes in August, and the last time, Oct. 21st, in the regular clinics before the junior and senior classes, noting the remarkable improvement as above indicated.

While the prognosis in such cases from the medical standpoint is poor and all the remedies employed hitherto had been unavailing, the results already obtained from osteopathic treatment have been exceedingly gratifying and the prospects of future improvement most flattering.

#### Chronic Catarrh of the Stomach.

Dr. Chas. D. Flanagan.

Mrs. S. was examined Jan. 20th of this year. She was found to be suffering from "chronic catarrh of the stomach, constipation and insomnia." The lesions found were severe muscular contraction along the entire spine, 5th, 6th and 7th ribs on right side were drooped. A posterior curvature from the 8th dorsal to the second lumbar, also sacrum posterior, at the sacro-lumbar articulation. At all of these points there was a great deal of congestion and muscular tenderness. These conditions were also aggravated by a bad prolapsus of the uterus and weakness of the vaginal walls. All usual medical remedies and appliances had been resorted to by the most eminent physicians of the state for twenty-five years without permanent results for the better. At the time of the commencement of her course of treatment the patient stated that osteopathy must do something for her as she had tried faithfully everything else. The treatment was taken up systematically, first to relieve the congestion and relax the muscles and ligaments all along the spine. This was followed by a gradual replacement of all the displaced organs and a correction of the spine. Second, some care in diet and a great deal of rest was ordered. With this there has been a gradual return to the normal condition, with regularity of the bowels, sound sleep, fair digestion, all the organs in their proper position and patient looking and feeling natural. About 55 treatments were given during eight months, the treatment being prolonged owing to difficulties of the patient reaching the city for treatment. Summary: Cause, mechanical lesions, abuse of drugs, supporters, etc. Remedy, correction of all lesions and quitting all drugs and appliances, with due care to diet and rest.

**Neurasthenia.**

Drs. Maltby and Bolks, Mankato, Minn.

Mr. J. B., age 33. General agent for machine company. Had suffered for a few years with constant and severe pain in head, weak and tired feeling, unable to work much, mentally or physically; very irritable; be at office a short time in morning, restless day and night, eyes pained, pain in the head at the vertex, digestion poor, elimination poor, dreamed all night. Examination revealed very sensitive spine, especially nerve terminals and articular processes of ribs with vertebrae; particularly sensitive from 7th to 12th dorsal. 2d dorsal to right and posterior; cervical area, irregular; atlas twisted; liver enlarged; kidneys over active; flushing of face upon least excitement. Treated three times per week, relaxing and stretching spinal muscles, treated well 7-12 dorsal, worked liver, turned patient on face and gave steady pressure over vertebrae of entire spinal column; placed patient in dorsal position, relaxed cervical area, set 2nd dorsal at 1st treatment, which was followed by cessation of headache and pain in eyes. Treated patient two months. Patient resumed regular work at end of second week, digestion became good, bowels regular, slept about eight hours every night and says he can now do more mental work than before his nervous collapse; nerves steady, irritability gone, and a complete recovery has taken place.

Patient weighed two hundred and twenty-five pounds when he came to us, being six feet two inches high; now weighs two hundred and forty pounds.

**Constipation.**

Dr. C. C. Wright, Charleroi, Pa.

Mr. H. came for treatment Nov. 29. Examination found his trouble to be of long standing. He had been a drug fiend. Took physic every night, a glass of ale and two or three of beer each day by order of his physician, for stomach trouble (which produced the trouble). Found severe contractions of muscles and ligaments in splanchnic area, a sluggish and tender liver. Treatment, proper diet, stopped drugs and drinks, used plenty of water instead. Used an enema for a few days. Stimulated the splanchnics for bowels and liver, removed contractures about spine, stimulated the vagi and gave vibratory movement over stomach and liver. Bowels move once or twice a day, appetite good, general health good. Treatment was given for one month, nearly one year ago.

## The Inquiry Department,

Dr. Clifford E. Henry, Minneapolis, M. D., D. O.

This department is conducted for the benefit of the practitioners out in the field. We are the first of the osteopathic journals to institute such a department, and trust the practitioners will feel at liberty to use it for inquiry on any subject osteopathic.

In writing for help on a case, give only the patient's initials, and we will use only your initials in signing the inquiry. In all cases give a full but concise account of the case. We would like to have a report on cases that have come before this department. In referring to a previous case always refer by number.

Address all letters for this department to "Inquiry Department" The Northern Osteopath, Minneapolis, Minn.

Number 14. Should an osteopath take for treatment a case of Pott's disease or a case of tuberculosis of any joint?—M. A. K., D. O.

Answer. This question came up for consideration at the last meeting of the A. O. A. and it was there shown that a wide diversity of opinion existed among the leading osteopaths.

In answering your question I will give the method I use in such cases. If there are other treatments this department would be very glad to publish them.

The degeneration that takes place, either in Pott's disease of the spine or any other joint, is primarily the same. There is, 1st, the irritation; 2nd, the congestion; 3rd, exudation; 4th, destruction. In the last stage or stage of destruction there is first only a thickening and roughening of the smooth articular surfaces of a joint and later the softening and breaking down of the bone. The symptoms are very much the same in all phases of the disease, pain on motion, referred pains along course of nerves near the affected joint, irritability and later deformity of the joint and possible abscess formation.

The deformity is due to the destruction of the bone. In the vertebra the body of the vertebra is destroyed and the vertebrae above and below coming together push the arch of the diseased bone back and thus form the sharp angle so characteristic of the later stages of Pott's disease. From the very nature of the case it would be absurd to use any violent manipulation of such a joint when destruction of

the bone had taken place. In all such cases it has been my rule to try and secure fixation with extension and try and secure ankylosis of the joint to prevent further destruction of the bone.

In beginning cases I have no hesitancy in taking the case with confidence that unless some unforeseen accident occurs good results will be secured.

Though these cases are attributed by most authorities to be due to tuberculosis, it is my opinion that the tubercular infection is of secondary importance in any case during the first stages and in many cases can not be shown to exist in advanced stage of abscess formation.

In most cases there has been some injury, in many cases the history of such an injury can be obtained. Other cases are due to exposure, as for example, one case that came under my observation started soon after a hunting trip. The patient slept on the ground and took cold. The muscles of the back became very contracted and he doctored for several months for lumbago. Other cases are due to struma and syphilis.

The primary lesion in any case is a disturbance of the circulation of that area and the treatment is to find the cause of such disturbance, be it osseous dislocation, muscular or ligamentous contraction, reflex disturbance or constitutional disease, and restore a normal circulation through that area before any considerable amount of destruction of tissue has taken place.

For authority of my statement that the tubercle bacilli are secondary, I quote from Sir Andrew Clark, who published a paper in 1892, proving beyond a doubt that while there is a tuberculosis of microbic origin there is also a tuberculosis giving every symptom, sign and pathological condition of the former save there are no tubercle bacilli present. Dr. Arthur V. Meigs states in an article: "I believe that consumption is the overgrowth of fibro-cellular tissue and its destruction, in which the bacillus may or may not be present; and to confirm my position I have studied carefully the writings of that prince of pathologists, Virchow, and I have never been able to find that he has accepted the doctrine of Koch; he has avoided meeting the issue squarely, and confines himself wholly to a discussion of his findings in his reports on Koch's work."

Referring back to the osteopathic point of view there is, 1st, a disturbed circulation resulting in 2nd a congestion.

These are also the first two steps in any inflammation, and congestion if continued will beget new tissue formation, either malignant or benign.

The difference in opinion between the osteopath and the above quoted eminent medical men is, they believe, in early fixation of a joint to secure absolute rest from the start while the osteopath believes in moderate motion during the early stages and an attempt to restore a normal circulation.

Number 15. Patient is a young lady twenty-two years old. A music teacher and her general health is fairly good. She is rather stout build and at times quite nervous. The back does not show any very decided lesions. There is a slight rotation of the 6, 7, 8 dorsal vertebrae and the lumbars are posterior.

The cervicals are normal. At times she is constipated and some months there is pain during the first day of the period. The urine is normal.

She has been taking treatments for her eyes. I diagnose the case as one of phlyctenular conjunctivitis. About two or three times a month one or two little boils form on the conjunctiva and the eye becomes very congested while they last. She has had several pairs of glasses but they do not seem to relieve her.—M. H., D. O.

Answer. Your diagnosis is correct. There is a very close connection between the intestinal and generative organs and the eye. Your plan for treatment is to correct the spinal lesions and correct any displacement of the uterus. If the patient were a child I would advise you to examine carefully for worms.

I have seen several cases such as you have described and all were due to reflex irritation.

Number 16. In a case of enlarged glands of the neck, should the treatment be directly on the glands?—D. E. R., D. O.

Answer. The treatment should be directed more to relaxing the muscles raising the clavicle and securing a good drainage. Some treatment must of necessity be given over the gland, but too violent manipulation is very liable to cause the gland to break down and form an abscess. This question was also answered in query number 3 in the July number of the magazine.

Number 17. Mrs. V. F., age 31, has been flowing for three weeks. The blood is clotted and has some odor. The period came on much the same as usual, but has shown no signs of ceasing. She is getting very weak and must have some help.—A. H., D. O.

Answer. Examine this woman carefully. She may have had a miscarriage and is trying to conceal it. A fibroid tumor or uterine

polypus would also cause such a hemorrhage. Though she is young, there might be a uterine cancer.

In case none of the above conditions exist, the patient should be put to bed and made to stay there. Have the foot of the bed elevated slightly and tampon the vagina thoroughly, pack it full of small tampons, made of lamb's wool and cotton, and dress with a tight T binder. Change the tampons every twelve hours, if necessary.

#### Trifles that are Not Trifling.

It will be eighty years next November, my father gave me the rule he gave all his eight boys and four girls on starting out to school their first winter term, one and one-fourth miles distant, in Central New York. It was this: "When your ears and face get cold, take off your mitten and rub them with your bare hand till they are warm. Move your feet in your shoes. So long as you can feel them, they are not frozen. The exercise will help to warm you." So persistently was the rule followed, I was never conscious of any part of my flesh being frozen.

Just as persistently for fifty-nine years have I eschewed all drugs, using only drugless remedies, which are to be found in abundance if only sought. And as persistently have I eschewed the use of tobacco in every form all my life. Also all distilled liquors since 1828, at eleven years of age, and all fermented drinks since a few years later, and never tasted any malt liquor. Have not tasted tea or coffee since sixteen years old. And for more than sixty years have practiced deep breathing, frequent bathing and persistent exercise and friction for the body, and have thus escaped the trouble of reforming and breaking off habits that have cost the indulger far more than all the pleasure of the indulgence could ever pay.

This is not all. The stomach, bowels and lungs being left free from all these irritants, were in better working order, whenever any accident occurred, to make repairs without interference, more effectually, and in far less time. Notably in 1849, when my life was saved by hydropathy, and again in 1888 saved by the same means. At various times have been relieved of other troubles druglessly, especially two years ago, by osteopathy, of crippled arms of more than three years' standing.

May we not so live that "Our last days may be our best days and our last comforts our sweetest comforts," as my father used to pray when I was a little boy? I think so. Yes, and eschew every thing doubtful and hurtful, do and use only what is healthful and helpful, being persistent in everything we do. Carloads of wheat are made up of single grains. To grade No. 1 each should be clean and perfect. Every defective grain lessens the grade. ERASTUS CHILD.

Bedford, Iowa, May 12, 1902.

## A Digest of Osteopathic Literature,

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Wm. R. Dobbyn, Ph. D., Editor.

### The Principles of Osteopathy.

Dr. Dain L. Tasker, D. O., D. Sc. O., Los Angeles, Cal. 325 pages.  
Richly illustrated and elegantly bound. \$5.00.

The following is a general outline of a work on this subject which will be ready for sale about January 1st, 1903. Dr. Tasker has spent two years in preparing the manuscript for his book. It is the result of, or rather, an answer to the needs of his classes in Principles of Osteopathy. He, like other instructors and lecturers, has long felt the need of a text-book which would guide the student in a systematic study of osteopathy. The statement is continually made that osteopathy is scientific and is absolutely based on anatomy and physiology. This book shows every step clearly and distinctly in the path which is built on the facts of anatomy and physiology.

A short resume of the contents of this volume may be of interest to the readers of the Northern Osteopath. There are eighteen chapters, covering about 325 pages, printed on fine book paper and bound in silk cloth. The whole is extensively illustrated by over 150 half-tones and zinc etchings.

Chapter I.—The Cause of Disease. This important subject is handled in a broad and comprehensive manner. The author notes the conditions which affect cell resistance and predispose it to over-stimulation. A few of the sub-headings in this chapter are: Potential and Kinetic Energy, Normal Stimuli, Resistance, Cause and Effect, Cell Relations, Structural Defects, Cell-life Dependent on Circulation, Incidents in the History of a Disease Process, Fatigue and Excess, Subluxations are Mechanical and Chemical Stimuli.

Chapters 2, 3, 4 and 5 have appeared in full in The Journal of the Science of Osteopathy. The interest which these articles have aroused among students and practitioners forms one of the reasons for the publishing of this book. No illustrations appeared with these articles, but when incorporated in book form, they will be made more valuable by twenty-eight line drawings and pulse tracings. These chapters contain a careful discussion of the various tissues forming the body.

The titles are in the following order: Structural and Contractile Tissues, Irritable Tissue, Circulatory Tissue, Secretory Tissue.

Chapter 6 is a general examination of the structure and function of the Sympathetic Nervous System. It contains a careful explanation of osteopathic theories concerning the manner of affecting this system.

The first six chapters are largely analytical in character and give the student an accurate understanding of the separate details which are necessary to the scientific side of osteopathy.

Chapter 7, Hilton's Law. Represents the first step towards the correlation of isolated facts of anatomy and physiology. Head's Law is also considered in this chapter.

Chapter 8, Subluxations. This chapter is a careful analysis and elaboration of the theory that osseous lesions are causative factors in disease. No such description, analysis and illustration of this interesting phase of osteopathic work has ever been presented. Vertebral and rib subluxations are subjected to a searching discussion. Out of forty-two sub-headings in this chapter the following will give some idea as to the character of the matter. Definition, Diagnosis, Primary and Secondary Lesions, The Causes of Subluxations, False Lesions, Muscular Contraction, Compensation of Effects of Muscular Contraction, etc. This chapter is illustrated by thirty half-tones explanatory of various subluxations.

Chapter 9, Osteopathic Centers. Here a careful analysis is made of each center to determine what right it has to be so called. The anatomical and physiological relations of the centers are noted. The author has not named a long list of hypothetical centers. A good and sufficient reason has been given for every one mentioned. This chapter is illustrated by thirty half-tones, indicating the position of osteopathic centers on the surface of the nude human body. The surface markings of the viscera are also illustrated. This method enables the student to grasp all the essential facts. There are several illustrations of cases which exemplify the osteopathic idea of the relation of function to structure.

The Germ Theory of Disease is discussed in Chapter 10. No effort is made to preach dogma in this chapter. The facts are discussed pro and con in an endeavor to show the student the short comings of this present-day doctrine of many members of the medical profession.

Compensation and accommodation must be comprehended in order that the student may draw intelligent conclusions as to the necessity for reducing subluxations or letting them alone. Chapter 11 is devoted to this subject. The interdependence of organs and tissues is also discussed.

Chapter 12 is devoted to Inhibition. This interesting subject is considered from all sides. Among other sub-headings we note the following: Acceleration and Inhibition as Attributes of Nerve Tissues,

Is the Work Done Proportionate to the Strength of Stimuli, The Guide for the Use of Inhibition, Pathological Changes which Accompany Over-Stimulation, Results of Inhibition, Structure vs. Function, Osteopathic Meaning of Inhibition, The Scientific Use of Inhibition, As a Local Anaesthetic, Without Removing a Lesion, To Remove a Lesion, As a Preparatory Treatment, etc.

Chapters 13 to 18 are devoted to the purely practical application of the principles of osteopathy. The titles of these chapters are: Positions for Examination, Manipulation, Reduction of Subluxations, Treatment of the Cervical Region, Treatment of the Extremities, Manipulation of Vaso Motor Effects. These chapters are illustrated by 71 halftones, giving the details of osteopathic manipulatory methods. No effort is made to apply these movements to diseases. The whole aim is to teach the student how to treat structures irrespective of the general study of symptoms.

This whole book is arranged with a view to impressing the student with the fact that the osteopathic physician examines and treats his patients according to structural relations.

Dr. Tasker has taught in the Pacific School of Osteopathy continuously since September 1, 1897. During this period of five years he has steadily risen from the position of an Assistant Professor of Anatomy to the head of the Department of Theory and Practice of Osteopathy. Since February, 1899, he has had entire charge of the Clinical Department of the P. S. O. This has enabled him to observe a large number of cases. Aside from the opportunities afforded by college work he has gained much experience in the Pacific Infirmary of Osteopathy and in strictly private practice.

He has been honored by the osteopaths of his own state by being elected president of the State Board of Osteopathic Examiners.

He is a Fellow in The Southern California Academy of Sciences, thus being identified with the advancement of science in general in his portion of the state of California.

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Col. A. B. Shaw, of the faculty of the S. S. Still College, will contribute a valuable article on the subject "Osteopathic Treatment in Conjunction with X-Radiance." As the colonel is one of the best authorities, our readers will appreciate his contribution to the December number of our magazine.

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#### Why Look Old at 30?

"The magic wrinkle erector is used by all your beautiful acquaintances, sold under positive guarantee to remove all wrinkles, blackheads, tan and freckles and to be pure and harmless."

"The one reliable beautifier. Positively cures sunburn, freckles, pimples, ringworms and all imperfections of the skin and prevents wrinkles."

Our readers will recognize the above quotations as advertising two kinds of facial lotions, and our only apology for reprinting them is that we may more effectually condemn them.

It is well known, and especially by women who have used them, that facial creams and lotions are damaging to the complexion. They wither the skin by paralyzing its power of functioning. So completely do these poisons accomplish their work that once the face has been subjected to their debilitating influence, resort to their constant use is unavoidable in order to maintain even the semblance of fresh flesh color in the features. Every woman knows this and the men know more about it than the women are willing to believe. Men measure women by the standard furnished them by the women themselves. If a woman uses paints and powders men think she has already reached and passed her beautiful prime, or that she is of poor constitution or in bad health and suspicion of these things always becomes exaggerated in the thought of the men. Women therefore unduly suffer by the comparisons instituted between them and the fresh, sweet and rosy women wearing only the tints and tones of generous Nature. Nor should women think the men do not observe their attempts at disguise. It is the first thing noticed, for we invariably make note, first of all, of the face, and features, and thereafter of the form of woman. A man is delighted, no matter what his age or station, with the rich revelations of vigorous health in woman. He loves nature nowhere so much as in the opposite sex, and the poor attempts of ambitious women to prolong the freshness of youth and beauty elicits his pity and disgust.

We do not censure women for desiring to be beautiful. That is commendable. We will go so far as to say that it is her duty to make herself as attractive as possible, but her efforts in this connection should be conducted along rational lines.

A good stomach rationally supplied with nourishing food; sweet sleep, regularly taken in a sweet bed in a well ventilated room, and absolute cleanliness of body, will prolong the freshness and vigor of youth and will induce a self-respect which will command the attention of all.

Should a woman's health become impaired, and should she lose the freshness of feature which is so attractive, instead of using cosmetics she should seek the restoration of her health. Her system needs toning. And in her efforts she should employ such remedies as are consistent with Nature.

Of course, we would be expected to recommend osteopathy, but apart from our preferences we can consistently insist on the avoiding of every scheme which interferes with the free and full operation of every portion of the human organism.

We will be pardoned if we submit a brief report of a case which came under our notice. A lady, a friend of the family, was in poor health. Like any other worthy woman, among her regrets at failing

health were her shrunken cheeks and sallow complexion. She was not well acquainted with osteopathy and was prejudiced against it. She had read of Dr. Herron's forthcoming book on Physiognomy and Facial Massage, and in the hope that he might "clear up her face," went to the doctor for advice and treatment. As she laughingly stated to us afterwards, "He seemed to me to go at everything backward. My general health had to be improved. My stomach had to be looked after. I had to learn how to breathe, everything," said she, "but my face, did he first talk about." The last time we saw her she had received a month's treatment and she was another woman. Her mind was bright, her spirits good, her general health much improved. Her color was back as it was two years ago and her eyes took on their former luster. The gloom seemed altogether gone. We mention this fact to prove what osteopathy will do for the complexion. There is no reaction from its treatment. Nature is assisted in her efforts to restore the equilibrium and every organ of the body is helped to perform more completely its function. This lady had not only gained what cosmetics could not give her, a good complexion, but she had the cause of her trouble removed. Her case is that of many another woman, who, by leaving drugs alone and getting assistance from osteopathy, might find renewed strength and consequent health and happiness. The abomination of cosmetics should be made unpopular, and if women could once realize that men think lightly of any woman who uses them, much would be done towards their total abolition among those now addicted to their use.

#### A Brief of Necroscopy and its Medico-Legal Relations.

By Gustav Schmitt, M. D.  $3\frac{3}{4} \times 6\frac{1}{4}$  in., leather, 186 pp. \$1.00, net. Funk & Wagnalls Company, New York and London.

It is just the thing for the physician, the lawyer and the expert witness. Contains in brief yet in sufficient detail all that is essential to a careful post mortem. Saves time in preparation for such examinations and in the emergency is invaluable, as it can be slipped into the pocket.

While it is a guide to the lawyer in his cross-examinations, it is on the other hand a protection to the physician, who is enabled to not only make his sections and diagnosis accurately and intelligently, but according to law, and will save him the embarrassment and confusion that might otherwise overtake him when subjected to cross-examinations in court. The expert witness will find it invaluable.

Dr. John B. Huber, coroner's physician of New York County under Mayor Strong's administration, writes of the work as follows:

"The book is an essential contribution to practical medical literature. I have examined the manuscript with a great deal of pleasure and yet with a feeling of personal regret. For me it has come too late. When I was a coroner's physician, I sought in vain for some such work. I had to wander through ponderous tomes for the information which is here given concisely and exactly."

## From the Field.

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### **Massachusetts.**

From one of the Worcester (Mass.) dailies we clip the following: Osteopathy is the science in which she, Madame Zimmerman, the great soloist, like Mme. Gertrude Stein, is deeply plunged at present, believing it is the only method of acquiring or keeping perfect health. Madame Stein and Madame Zimmerman have thus more than one interest in common since both are firm believers in the value of this science.

From a letter written by a leading physician in Boston the following was taken, not verbatim but substantially as it appeared in the original: "The laws of Massachusetts do not recognize any school of medicine, but compel all to pass a rigorous examination before a state board of examiners. Those who pass that examination may practice any system of healing they choose, except Christian science, magnetic healing, massage and spiritualism as applied to healing. This proves sometimes embarrassing to the osteopaths, for those who are not recognized by the law, in order to gain the privilege of practicing, call themselves osteopaths and, having once passed the board, return to their favorite methods again. This brands them as imposters and there should be some way of preventing them from imposing upon the public and disgracing osteopathy."

The survival of the fittest will gradually take care of those who are unworthy and indeed the processes of elimination may be seen working at the present time. Massachusetts will not brook for any length of time the pretensions of the quack. At no time in the history of osteopathy in this state was it so acceptable to the more intelligent people than at the present. With the improvement in the colleges of osteopathy and the strengthening of the curricula, public confidence keeps apace.

### **North Carolina.**

Drs. C. M. Case and H. F. Ray bear the distinction of being the

only osteopaths whose names appear in the Osteopathic Directory for the state of North Carolina. If there are others in the state we will be pleased to learn of it. We judge from a communication from Dr. Ray that they are prospering. No action as yet, legal or legislative, for or against the osteopaths has been taken in that state, but they are unmolested in their practice. Drs. Case and Ray are located at Charlotte, N. C.

### Maine.

Dr. Goodwin Ransdin writes: "We have no association in this state yet. There are at present three D. O.'s in Maine; two in Portland, Drs. Coburn, from the B. I. O., and Clarke, from the N. I. O. Dr. Ransdin is also of the B. I. O. He reports that another osteopath called on him recently on her way to Lewiston. If she locates, that would make four in the state, and yet there are some who fear that there will soon be no room for osteopaths to practice. Two in South Carolina, two in North Carolina, three in Maine!"

### South Carolina.

Dr. L. L. Granger writes an interesting letter from Columbia, S. C. She says: "Dr. Collier (H. F.) and myself are the only osteopaths, so far as I know, in South Carolina. We have been here since February 5, 1902, and have succeeded in working up a nice practice. The people here were slow to take hold, as they had never heard of osteopathy until we located here. The first three or four patients we registered were old cases that all the M. D.'s had failed on and by helping and curing them we were able to get a start. One of our best cases was a boy thirteen years old with lateral curvature of the spine. The M. D.'s have laid off since we cured that case. They had all tried their hands and failed. I hope your fall class will be a large one and that the S. S. Still school will continue its growth, which it so richly deserves."

### Louisiana.

Dr. Anna M. Burke, Shreveport, La., in a letter to the publishers, says:—In regard to osteopathic news from this state, I believe I was the first osteopath in the state, and have been the only one that has met with any opposition. Four years ago last May I had a notice served on me by the local medical board of Monroe, La., to quit practicing or I should be arrested for violation of the state medical law. I paid no attention to them and as the legislature was then in session they took it to the legislature and tried to have a bill passed to shut out osteopathy in the state. It passed both upper and lower house and the governor (Taylor) vetoed it. Nothing more happened until a year later, when I came here and had Dr. Johnston came to assist me, and it seems the medicos, here did not know of the former trouble I had had with them and they promptly had us arrested for practicing medicine without a license. Well, when the case came up it was

promptly thrown out of court, and they try every time the legislature meets to have a bill passed, but when they get there with it some of their dear friends who evidently have their interests at heart advise them not to bring it up as the governor would not sign it if it did get through to him. So that is the legal side of the question here, and I know of no better field for an osteopath than Louisiana, and the South. It is not the unhealthy country that it is thought to be, and the people are all that could be desired.

Osteopathy has been favorably received here and I have had some very successful cases, and have made some cures that have even surprised me.

#### A. O. A. Announcement:

The Journal of the American Osteopathic Association during the coming year will contain the following papers of scientific value which were read at the last meeting of the A. O. A., recently held at Milwaukee: "The Summation of Causes in Disease and Death," Dr. E. R. Booth, Cincinnati.

"The Physiological Basis of the Therapeutic Law," Dr. J. Martin Littlejohn, Chicago.

"The Pathology of Certain Cervical and Dorsal Lesions," Dr. J. W. Hoffsess, Beaver Dam, Wis.

"Fevers".....Dr. Guy Wendell Burns, New York

"Some Practical Points in Obstetrics," Dr. E. Huntington Boyes, Marietta, Ohio.

"Pelvic Tumors".....Dr. Chas. E. Still, Kirksville, Mo.

"How Bony Lesions Cause Pelvic Disease," Dr. M. E. Clark, Kirksville, Mo.

"Prognosis".....Dr. Nettie H. Bolles, Denver

"Adjuncts to Osteopathic Manipulation," Dr. C. W. Young, St. Paul

A paper on "Practice".....Dr. H. E. Bernard, Detroit

In addition to these papers there will be special articles contributed during the year. Among them will be a series of articles on "Sexual Hygiene: Its Relation to Health and Disease," by L. O. Thompson, M. D., D. O., a paper on "The Eye," by J. E. Stuart, D. O., and one on "Typhoid Fever" by C. M. T. Hulett, D. O.

The Journal will be published monthly. The subscription price is \$5.00 per year, but is furnished free to all members of the A. O. A. in good standing whose dues are paid for the year.

All graduates of recognized schools of Osteopathy are eligible to membership in the A. O. A. The first two hundred osteopaths who join the Association this year will have their choice of having a complete file of volume I (unbound) of the Journal (it is now in its second volume) sent them free, or, by paying 50 cents have it bound in cloth. The annual fee for members is \$5.00.

### Osteopathy in Kansas.

Judging from a communication of Dr. C. E. Hulett, president of the Kansas association, there is need that the osteopaths in that state bestir themselves somewhat in the interests of the profession.

Kansas is a good state and has a good law, but the association seems to be somewhat slow. There are only about forty osteopaths in the state and of these only about seven or eight have joined the association, and the doctor informs us that he has been unable to get a meeting during the past year.

It seems that a little new blood is needed in the osteopathic ranks or a stirring up of the circulation would be a good thing for the Kansas Association. Come, wake up, boys, or you will be caught napping some of these days. We have great faith in Kansas and we are disposed to think that all that the association needs is a good "treatment." Dr. Hulett adds: "We met in 1900 and formed an organization and, of course, it did us good for that winter. We got our bill on osteopathy incorporated along with the medical bill." Dr. Hulett regards the Kansas law as an excellent one, and says there are no quack osteopaths in the state, the few who were there being compelled to stop operations through the passage and enforcement of the new law. It is not enough, however, that a good law be enacted; it is just as essential that the organization be kept up in order to maintain the present standing, to guard against any adverse legislation and to promote the various interests of the profession within the state. We hope to hear more favorable reports from Kansas soon.

### Osteopathy in Texas.

A meeting of the Texas Osteopathic Association was held Nov. 28 and 29, at Austin. Dr. T. L. Ray, of Fort Worth, is president of the association, and Mrs. E. M. Maxwell, D. O., of Paris, secretary. From a communication from Dr. D. L. Clark, of Sherman, we judge that the T. A. O. is alive and alert for the best interests of osteopathy in that state.

### From West Virginia.

From a communication from Dr. A. I. Doneghy we learn that the osteopaths are guarding their interests in West Virginia. Dr. Doneghy has been thrice notified by the State Medical Board to leave the state or be prosecuted. He has each time replied courteously but has courted prosecution, arguing that the sooner it came to a thorough test the better for the board and himself. So far they have done nothing and the doctor looks for no action until after the meeting of the legislature, when he expects attempts will be made for adverse legislation. The osteopaths, however, are organized and are confident as to the outcome. Dr. W. E. Ely, of Parkersburg, is president of the association; Dr. W. A. Fletcher, of Clarksburg, secretary.

**California.**

At the annual meeting of the Osteopathic Association of the state of California, held in San Francisco, Aug. 8 and 9, the following officers were elected: President, T. W. Sheldon, D. O., 927 Market St., San Francisco; first vice president, Daisy D. Hayden, D. O., Los Angeles; second vice-president, A. A. Wright, D. O., San Jose; secretary, Agnes G. Madden, D. O., 588 Sutter St., San Francisco; treasurer, C. F. Ford, D. O., San Francisco; executive committee, R. D. Emery, D. O., Los Angeles; Cora N. Tasker, D. O., Los Angeles; Wm. J. Hayden, D. O., Los Angeles; Frank A. Keyes, D. O., Los Angeles; Geo. F. Burton, D. O., Los Angeles.

AGNES G. MADDEN, D. O.  
Secretary.

**From South Dakota.**

Dr. E. M. McCracken writes from South Dakota that they have no state association but need one very much. We agree with the doctor and hope they may soon effect an organization. Those who have files of the *Cosmopolitan Osteopath* will find the text of the law in full in the April issue, 1899.

**From Arkansas.**

Dr. Elizabeth Broach, secretary of the Arkansas Association, writes: "There are thirteen D. O.'s in our state association—all apparently prospering. No steps taken as yet toward legislation. We expect to be "in the front" in whatever advance there is to be made. We are doing some fine work in the City of Vapors (Hot Springs)."

**Meeting of the Minnesota Association.**

Friday evening, Oct. 10, the Minnesota State Osteopathic Association met in the office of Drs. Pickler and Willits.

The banquet committee reported payment of all expenses from sale of tickets and a balance of \$1.25 on hand. They also reported that the banquet proved an occasion for a large addition to the membership of the association.

Dr. J. C. Bohen, of Waconia, read letters from the State Board of Medical Examiners, informing him that he was reported as "practicing without a license" and that "our law does not recognize osteopathy and should reports continue to come to this office it will be necessary to institute proceedings against you." Whereupon the association voted to render Dr. Bohen such financial assistance as might be necessary for his defense in case he was prosecuted in so far as such assistance was consistent with the constitution and by-laws of the association. After transacting other business of importance the association adjourned to meet in St. Paul at the office of Dr. Howard in the Globe building.

**From Ohio.**

Dr. M. F. Hulett, secretary of O. O. A., writes as follows: "I know of nothing of present interest in regard to the legal status in Ohio. The new law is working apparently admirably. So far only one osteopath has taken the state examination, and with results entirely satisfactory. The next state examination will be held the 28th and 29th of November, 1902. Those who desire to take that examination should make application to the secretary of the State Medical Board of Registration and Examination, Columbus, some weeks previous to that time. Ten days is the limit.

"We anticipate an interesting meeting in December, and now that our legal fight is settled, we expect to devote our meetings largely to the professional side and will build up osteopathy."

**Cupid's Capering.**

Dr. Irene Harwood, Kansas City, Mo., secretary of the A. O. A., and Dr. Sidney Allen Ellis, Boston, Mass., one of the trustees of the national association, were united in marriage at the Trinity Episcopal church, Kansas City, Mo., Oct. 20, 1902.

The best man was Dr. Guy Wendell Burns, of New York City. Dr. F. E. Moore, of Baker City, Oregon, was one of the out-of-town guests, of whom there were a number from various sections of the country. The wedding was an elaborate one. The Kansas City World, which gives a full account of the wedding and list of guests, states that the Drs. Ellis left immediately for their home, Riverbank Court, Cambridge, Mass.

**Osteopathy in the State of Washington.**

Our editor-in-chief, Dr. J. A. Still, received a letter from the vice president of the Washington Osteopathic Association, from which we liberally quote as follows: Yours of the 27th ult. received. The following are the officers of the Washington Association of Osteopaths: President, Wm. A. Snell, D. O., Tacoma; vice president, G. M. Nichols, D. O., Spokane; treasurer, Wm. A. Potter, D. O., Seattle; secretary, F. J. Feidler, D. O., Seattle.

The next annual meeting will probably be held some time in March. The date and place have not yet been decided upon. No meetings of the association have been held recently, but the executive committee is on the alert as we have ascertained that the State Medical Association is preparing a bill, the avowed object of which is to kill osteopathy in this state. The state legislature convenes about Nov. 1st. We propose to not only kill the medical bill in so much as it affects us, but to work hard for the passage of an osteopathic bill.

Osteopathy has a warm place in the hearts of a great number of people in Washington, and Gov. McBride is, I think, a man who believes thoroughly in fair play and no favors.

Messrs. Ragland & Bartlett, two members of classes of the S. C.

O., who took Dr. Johnson's practice in Walla Walla, got into trouble through indiscretion. Our law here at present does not allow us to use the titles doctor or Dr. This the gentlemen did, however, the signs reading "Dr. Ragland and Dr. Bartlett." Mr. Ragland was not graduated, so Dr. Bartlett assumed the responsibility. He was arrested, but through some technical error the case was quashed. He was re-arrested, however, and applied to the W. A. O. for support. As he was not a member the association refused aid, but Dr. Potter, of Seattle, secured his bond and Dr. Feidler secured the "opinion" of the attorney general, in which he positively says that "the practice of osteopathy is not the practice of medicine;" but he also states that the use of doctor and Dr. is a breach of the law and so is punishable. This opinion won Dr. Bartlett's case for him, as he had been charged with practicing medicine without a license. However, it opened another avenue for prosecution and the prosecuting attorney was preparing a third complaint on this point which would have been a hard case to fight. Dr. Bartlett preferred to practice in Oregon. This is the first case brought into court in the state. Will send you some case reports later if I can get the time to make them out.

#### Resolutions of Pennsylvania Association.

Whereas, in the State of Pennsylvania, there being no state laws to protect the members of the osteopathic profession from those claiming unrightfully to be osteopathists, or those who are interested in the production of irregular schools, or schools that are not qualified to teach osteopathy thoroughly; and realizing that the most dangerous enemy the osteopathic profession has today is the above class of imposters, be it resolved by the Pennsylvania Osteopathic Association:

(1). That any osteopathist who shall give professional recognition or have professional intercourse with or employ as a professional assistant or partner any other than those who are qualified for membership in this association shall be expelled from this association and be considered unworthy of recognition professionally by the osteopathic profession.

(2). That we, as osteopathists, to further protect our profession, do agree and resolve to handle no literature of any kind whatsoever from any publishing house or school that will do any advertising work or furnish any osteopathic literature in bulk to any other person or persons in the State of Pennsylvania than those who are eligible to membership in this association.

(3). That the secretary of the State Association furnish a copy of these resolutions to various osteopathic colleges and publishing houses that furnish osteopathic literature, and request that they furnish literature and make advertising contracts with regular osteopathists only.

(4). That the secretary also furnish a list to the said colleges and

publishing houses of all the regular osteopathic practitioners in the state of Pennsylvania, and request them when an application comes for literature or advertising rates from others in the State of Pennsylvania than those regularly reported by the state secretary, that they refuse to fill the order until the standing of said osteopathist has been reported favorably by the state secretary.

(5). That a copy of these resolutions be forwarded to the president and secretary of the National Association and also to the president and secretary of each state association, and they be requested to join with us in our legitimate fight against all imposters and irregulars claiming to be osteopathists.

(6). That we, as an association and as individuals, do pledge ourselves not to support or in any way use influence in favor of any osteopathic college that will take any irregular osteopathist and graduate him, or give him a post-graduate course in any less time than that required for the regular course of study.

HARRY M. VASTINE, D. O., President.  
J. IVAN DUFUR, D. O., Secretary.

Philadelphia, August 30, 1902.

#### To the Osteopathic Profession.

In its quest for matter for the program of the next annual meeting and for the journal of the association, the publication committee wishes to avail itself of the experience and ability of the entire profession. To this end it hereby invites each practitioner to contribute an original paper that may become a part of the literature of the profession.

Every practitioner is constantly learning something of the treatment of particular conditions, that is perhaps unknown to most other practitioners. Doubtless many practitioners have learned much of value that has never been brought to the attention of more than a small fraction of the profession: so infinitely varied are the phases of disease and so different our experience.

Now, to uncover and draw out this special knowledge that individual experience, observation and study have acquired and make it available for the advancement of the science of osteopathy and for the benefit of the profession and of humanity, is the purpose of the committee in extending a general invitation to practitioners to contribute to what may be called archives of the association: From the papers received the committee will select perhaps a dozen of those best suited for reading and discussion at the annual meeting. From those that remain the most available will be chosen for publication in the Journal of the association.

Further to make clear our meaning: We want the practitioner who has achieved success along any particular line to tell how if not why, he has succeeded. We want to hear from the practitioner who has thought out or wrought out something for himself; who has found

the specific lesion in any class of cases; who has in any way added to what he learned in school or from books concerning diagnosis or treatment.

As there are about 3,000 legitimate osteopaths there should be a very large number of valuable contributions, and while only members of the association may be assigned to places on the program of the annual meeting, it is open to all to become members and so be eligible to that honor and its attendant benefits. The Journal, however, is open to all contributions, from whatever source, that the editor may regard as available for his purpose.

If the profession co-operates with the committee in this plan we may expect a most welcome enrichment of the literature of osteopathy.

Please think this over and advise us if we may expect you to contribute. Contributions may be of any length not exceeding 3,000 words.

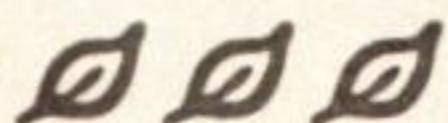
We should have notice by December 15th of your intention to contribute, and we must have the manuscript, or preferably a typewritten copy, of your paper by February 1, 1903. You need not wait till December 15th to accept our invitation. The sooner the better.

Please do not delay consideration and action upon the important matter above presented.

W. F. LINK,

Chairman Publication Committee A. O. A.

Knoxville, Tenn.



## College Notes.

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### Dr. Baughman in the Naturopath.

The Naturopath, a health journal of obvious character, published by Benedict Lust of New York, has in its June and September issues a very interesting article entitled "Osteopathy and its Colleges," by Dr. Nannie R. Ball-Baughman, of Burlington, Ia. She is a pleasing and accurate writer and it is to be regretted that the publishers printed the picture of Dr. Littlejohn, of Chicago, over her name.

Concerning the two leading schools of osteopathy, Dr. Baughman says: "Today the 'American School of Osteopathy' at Kirksville, Mo., has enrolled between five and six hundred students. Its building now covers about an acre of ground, while its course of study is greatly extended. Dr. Still, though over seventy years of age, continues to hold the office of president, but takes no active part in the class work, having under him a full faculty of thirteen physicians, men fully capable of instructing in the various branches assigned them.

"The Northern College of Osteopathy and Surgery of Minneapolis has recently been consolidated with the Still College of Des Moines, Iowa, and the two will form a formidable rival to other schools.

"Dr. S. S. Still, the nephew of Dr. A. T. Still, who graduated at the American School of Osteopathy in '95 and afterward filled the chair of anatomy in that school for three consecutive years, was one of the originators and president of the Still College of Osteopathy at Des Moines, Iowa. He, with others, championed the progress of the profession and advocated in their school a course as broad and complete as the best schools of medicine offered. Since the fall of ninety-eight this school has flourished and success has marked each year of its growth, until now it enrolls three hundred and fifty students. In common with other schools situated in large cities, its clinical department is always full of patients, so the student gains the unparalleled advantage of a full ten months' experience in the treating room.

"This opportunity, though often under-estimated, is soon valued at its full worth, after the opportunity has fled, and the late graduate enters upon the cares and responsibilities of the practitioner. Then

is felt the need of that intimate knowledge with all classes of diseases, which only experience can furnish. The curriculum of this college stands high and their X-ray work is a special feature."

Concerning the field occupied by the osteopaths, Mrs. Baughman interestingly says:

"The object of all schools, alike, is to restore nature to its normal activities, but the means by which this goal is reached are varied. The Homeopath says it is best done by an infinitesimal drug dose. Certainly an already weakened organism is not so apt to be overtaxed, thus nature is not so interfered with or retarded in her recuperative processes. Others advise mechanical stimulation by means of electricity, hydrotherapy, light cure, massage and Swedish movement, or Ling's system of manual treatment. This last, founded in the early part of the past century and recognized and supported by the Swedish government, which erected an institution for its promotion, has been the most potent forerunner of osteopathy. This method, like osteopathy, had to fight its way against the drug doctors of its country, who, seeing its good results, tried to prevent its progress by every available means. Their efforts proving fruitless, they then adopted some of its simpler movements belonging to its passive class, and under the title of massage presented them to their followers. Therefore, the Masseur cannot handle acute cases as do the osteopath and the true followers of Ling, because their system is incomplete.

"All of these last named agencies, the up-to-date osteopath approves, since they are in the line of nature's remedies and every thing which aids nature in nature's own way should be regarded as osteopathic. But to the osteopath must be accorded the palm for revolutionizing the entire basis, for the diagnosis of diseased conditions and osteopathic treatment are far beyond any movement, or manipulative cure, because the cases are diagnosed from the chemical, physical and physiological standpoints, independent of manipulation, dietetics, hygiene, toxicology and surgery.

"Osteopathy views the body from the standpoint of a complete mechanical organism, not simply a machine, and deals with it from all sides—chemically, physically and physiologically. Nor does it forget that the psychic controls all organic activities forming a large factor both in health and disease."

#### S. C. O. College Notes.

With profound sorrow we learn from our Kirksville exchanges of the death of Henry S. Hannah and Porter R. Smith, both of that city, but saddest of all is the news of the death of our former pupil, Mrs. Belle Hannah.—Dr. S. S. S.

Dr. Adda Smutz-Liffring, one of the progressive graduates of Still College, now associated with her husband in the practice of osteopathy at Mansfield, Ohio, has been back during the month of September for

special work in gynecology under Dr. Ella D. Still, symptomatology under Dr. H. W. Forbes, X-radiance, etc. In returning to her work she expressed the heartiest appreciation of the post graduate work she received and said the progress the college has been making since her graduation is marked and gratifying. "If my classmates appreciated the great progress the college has made in these specialties more of them would come back for special work, as well as the graduates of other schools." There are nine graduates of other schools now taking the full post graduate course of five months in Still College.

The following was received from a student whose home is in New York City, just before entering the September class at the S. C. O: "I will have to be economical to get through, as I spent some of my money for two correspondence courses, one in magnetic healing and the other in electro-therapeutics and they were worthless, as I found to my sorrow that those things can not be learned by correspondence."

Dr. Ben Smythe, a graduate of Still College, is enjoying a three months' vacation trip through Michigan, Illinois, Tennessee, and he writes: "I worked for a railroad twenty years without vacation, went to the S. C. O. two years and have worked two years hard as a D. O. and feel the need of a little rest." The important point to our minds is the fact that after twenty years of work for a railroad company without vacation the gentleman was enabled to take a three months' vacation at his ease after only one year's practice as an osteopath. His business has been running from \$2,000 to \$3,000 in the first year after graduation. There are many railroad boys with the adaptation for a physician who ought to learn a lesson from this experience.

Drs. Harry D. Trask and Ralph C. Wallace, two of the strong men who are in the practice at Batavia, N. Y., are starting off with a good practice. They included in their letterheads and advertising "Graduates of Still College of Osteopathy." This gives a sufficient endorsement so that the public go to them and they do the rest. All graduates of Still College should include that statement on their letterheads and in their advertisements, because a discriminating public wants to know that the osteopath is a regular graduate, and if the fact can be added that they are graduates of the very most advanced institution in existence the endorsement is still greater.

We are pleased to announce that Dr. Janet M. Kerr, of Grinnell, Iowa, has been tendered a position as one of the staff operators of the official journal of the American Osteopathic Association by the editor-in-chief, Dr. Evans. Dr. Kerr has a large and growing practice at the famous college town of Iowa and she is one of the many studious and progressive osteopaths who have graduated from Still College, Des Moines.

Dr. S. W. Heath, of Marshall, Minn., suggests a chain letter for members of the class of 1902, or perhaps more than one, if more should become interested than would be practicable to include in one chain.

Those of the class wishing to become a link in the chain will please drop him a card. When ten names have been received the chain will be started. Dr. Heath suggests thin paper, letter size, close ruled. When the letter is started he will give, on the first page, typewritten directions, with addresses of those forming the link in the order received.

#### From A Graduate of the N. I. O.

"There isn't any question of doubt that there is plenty of room, nay, a great necessity, for good osteopathic physicians in every part of the country. By the term good I do not mean that it is only necessary to take a regular course of study in a recognized college of osteopathy, but I mean honest men and women, who are not ready to convert a noble science together with their conscience into dollars and cents.

(By the way, I never heard of any graduates of such character coming from the S. C. O.) By all means let us make every possible endeavor to fill out our ranks with men and women who will be a standing credit to the noble science of osteopathy. To those interested in the study of osteopathy I say that there is an indescribable charm and fascination about the ability to treat curable diseases osteopathically. The study of this science has been the means of assisting thousands to better their conditions in life, to improve their health, to obtain happiness and achieve success.

The old S. C. O. is good enough for me, and will be good enough for any of my friends, if I have my say.

I hope to be able to spend a little time at the S. C. O. next summer. In the meantime accept my sincere thanks for the kindness and courtesy extended to me. With my best wishes to one and all, and for the greatest success of the S. C. O. I am, etc."

Dr. Maltby writes: "We are enjoying prosperity and osteopathy is a success as a scientific measure of relief."

Dr. T. P. Weir, of Winterset, Ia., visited the college recently, for the first time in many moons. He spoke briefly and encouragingly to the students at chapel.

Dr. H. K. Sherburne, of Littleton, N. H., informs us that the osteopaths in that state are contemplating a state association. We trust this will soon be effected.

Dr. S. W. Heath, of Marshall, Minn., is meeting with excellent results in his practice, which already includes some of the best citizens. Among his cases are some of special interest of which we hope to hear reports for the C. & N.

Dr. Vadie M. Browne, a graduate of the N. I. O., who has succeeded to the practice of Dr. W. C. Williams at Rockwell City, Iowa, was a visitor at Still College during the month of October. Dr. Williams expects to locate at Hanford, Cal.

Dr. and Mrs. A. E. McAlpin, of Boone, Iowa, were visitors at Still College, October 24th. Dr. McAlpin's practice ran up to nearly a thousand treatments during the past month, which is considerably more than some osteopaths think they can give without hiring an assistant. Dr. McAlpin is a hard worker and a successful practitioner.

Hon. M. L. Temple, of Osceola, Iowa, visits the college regularly now-a-days for osteopathic treatment. He had previously felt its beneficial effects, but is surprised to learn that osteopathic treatment is also adapted to the restoration of the vision. Within five treatments he was enabled to see to read two sizes smaller type than he had been able previously to see. He therefore speaks with unlimited praise of a system that will bring such results.

Dr. L. S. Brown and wife, of Denver, have been visiting friends in Des Moines during the past month. Dr. Brown was for some twenty years a homeopathic physician and subsequently a minister of the Christian church in Colorado, when he learned of the merits of the system of practice known as osteopathy and determined to become master of the science and did so. He is one of the most intelligent and successful advocates of the system anywhere in the field. His practice in the Masonic Temple is one of the largest in the Middle West and his good name is growing in popularity.

Dr. A. P. Kidwell (S. C. O.) :—Even the crumbs of grand truths gathered from the osteopathic feasts, continually fed your students, have enabled us to scatter many blossoms of hopes achieved along the gloomy pathway of suffering patients. If people could only see the grand common-sense truths of osteopathy, how quickly they would quit dosing themselves with the thousands of decoctions called medicines. If they would only read the books of the up-to-date M. D.'s and scientists, they would see that they, themselves, are rising in rebellion against this experimenting on suffering humanity with death-destroying, poisonous, can't-tell-but-will-try drugs—most of them remnants of a by-gone age.



## Personals

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Dr. Geo. Parsons, of Clarion, Iowa, visited Still College, Oct. 27th. He reports a good business.

Dr. Kinney, formerly of Minneapolis, is now practicing osteopathy in Salmon, Idaho. We wish the doctor success.

Drs. Pickler & Willets, Minneapolis, have been obliged to add to the number of their treating rooms, a fact fully suggestive to the profession.

Dr. Cora L. Hillabrant, the osteopathic physician of Elmira, N. Y., has removed her office to 652 Park Place, where she is enjoying a splendid practice.

Drs. Benefiel & Benefiel, of Lake City, Iowa, are enjoying a lucrative practice and their success is such as to enable them to reasonably challenge the future.

A letter from Dr. Link, Knoxville, Tenn., discloses the fact that he is as devoted to the work of the A. O. A. as ever. May Dr. Link long live and greatly prosper.

Dr. Tasker's book, which he is preparing for the press, will be on the market about January the first. The doctor's well known ability is a guarantee of the value of his forthcoming book.

From a mutual friend we learn that Drs. King & King, of Fergus Falls, Minnesota, are having a fine practice and that osteopathy is becoming more popular in that, the park region of the state.

Dr. O. E. McFadan gave an interesting half column contribution to the Davenport Republican of Oct. 17 on the Lorenz methods, comparing and contrasting the same with osteopathic methods.

Dr. Meacham, Oakland, Cal., has done much for osteopathy in that beautiful city and the Pacific coast by a broad interpretation of osteopathy and a courageous and liberal application of its principles.

Dr. Bertha Moellering, of St. Paul, has been quite sick, but is again back to her offices, much to the relief of her husband, Dr. Herman Moellering, who found himself heavily taxed to meet the demands of their patients.

Jas. Bach, one of the students of Still College, who recently came from Canada, is an expert piano tuner and has found no difficulty in earning more than his family expenses without interfering with his class work.

Drs. McDougall & Shove, Champlain building, Chicago, are succeeding very nicely. They are earnest and enthusiastic young people and well qualified to maintain the good reputation that osteopathy has won in that great city.

Dr. A. L. Evans, of Chattanooga, Tenn., has moved to more convenient and more capacious offices. The doctor's practice has so grown that it is now a serious question with him whether or not he can bear up under the severe strain.

Dr. W. D. Engelke, of Durand, Wis., of the June class, 1902 (S. C. O.), has purchased the practice of Dr. E. G. Grossman at Lake City, Minn. Dr. Engelke is a first-class man. We have not learned as yet of Dr. Grossman's intentions for future location.

Dr. C. W. Young, editor of the Health Department, this magazine, has in contemplation the writing of a book. We are not yet informed upon what subject he will write, but knowing his characteristics, we can promise the profession a well digested treatise.

Dr. Phillips, Mazeppa, Minn., is demonstrating that osteopathy, in the smaller town and county, can easily win recognition if represented by an intelligent and aggressive osteopath. Dr. Phillips has, since last June, secured a good practice, which is steadily growing.

Prof. Louisa Burns, of the Pacific School of Osteopathy, Los Angeles, Cal., who was so courteously reviewed by Dr. C. W. Young, editor of the Health Department of this magazine, will be read very eagerly in her reply to our editor. She wields a facile pen and she has the right of rejoinder.

Oshkosh has proven a very excellent field for osteopathy. Dr. Ora L. Gage, one of the pioneers, if not the pioneer, osteopath of that city, has built up a fine practice upon its merits and Drs. Oium and Wright have met with fine success. Osteopathy, when well presented, has but the one story to tell—success.

Incidentally we learn that success has come to Drs. McDowell and Frink of Troy, N. Y., who only opened up their offices about the 1st of September of this year. Dr. Mary McDowell has opened an office at Saratoga Springs. Patients at both offices are from among the best families, as is usually the case with the osteopathic physician.

Dr. A. L. Evans, the able and painstaking editor of the National Association Journal, in addition to his extra duties as editor, now that his journal is issued monthly, has a practice which is rapidly increasing. We send congratulations.

Dr. Bailey, secretary of the Minnesota State Osteopathic Association, has been busy lately circularizing the candidates for the legislature in the interests of osteopathy. Many of them for the first time have learned of our system of healing.

Dr. Frederic W. Sherburne, of Boston, Mass., has his offices at 382 Commonwealth Avenue. Those acquainted with Boston will recognize the fact that Dr. S. lives and practices in the "Latin Quarter" of that beautiful city. And as to Commonwealth Avenue perhaps, outside of Berlin, Paris and London, there is no finer residential avenue in the world.

Dr. E. A. Grossman has sold his practice in Lake City, Minnesota, and removed to Louisville, Kentucky. We regret to lose Dr. Grossman from Minnesota, but we have, no doubt, gained a good man as his successor. We extend to Dr. G. our good wishes and hope he may find larger opportunities in a larger city. The doctor has the best wishes of the profession.

Dr. A. Fred Shaw, who succeeded to the practice of Dr. and Mrs. S. W. Wilcox at Maquoketa, Iowa, is enjoying a splendid practice. He is meeting with success in the use of the X-ray as an osteopathic adjunct in a variety of persistent cases, such as cancer, dry gangrene, eczema, etc. He has been averaging sixty-two treatments a week for the past month.

Dr. R. W. Bowden, who has been making an extended sojourn with friends at Duluth, Minn., has practically decided to enter into the practice of osteopathy in that city. He is one of the best equipped osteopaths anywhere to be found and will enjoy large prosperity. Dr. Bowden was a professor in Still College and his memory still inspires the students to their best efforts.

Very satisfactory intelligence comes to the publishers of the Northern and Cosmopolitan Osteopath that the Patterson Institute of Osteopathy, Washington, D. C., is obtaining its share of patronage of the beautiful United States capital. Dr. Alice Patterson and Dr. Wilburn F. Smith are its worthy guarantee that in their operating rooms the principles of osteopathy are intelligently applied.

From a cordial letter written by Dr. L. W. Sheldon, president of the California Osteopathic Association, we gathered the information that osteopathy is rapidly gaining friends on the Pacific coast and that its strongest and most numerous friends are to be found among the most intelligent classes. Dr. Sheldon's practice is now so taxing that he is unable to give attention to any matters outside of his profession.

Dr. Wm. R. Pike, of Sierra Madre, Cal., feels very sanguine that he has commenced an enterprise which will rapidly grow into one of the fine sanitariums of the Pacific coast. The doctor is beginning a right and should have the co-operation of the profession when it is found that change of climate is necessary for the patients.

Dr. W. W. Dumm, a graduate of the S. C. O., formerly pastor of the Third Congregational Church of Denver, has returned to that city to practice osteopathy. Dr. Dumm gave up the pastorate on account of failing health. He has not only improved in health, but has entered upon the profession of healing in partnership with Dr. L. S. Brown, a graduate of the A. S. O., and one of the oldest and best known osteopathic physicians in the state.

Doctors Clark and Anthony, of Springfield, Ill., are starting out well in their practice. They have a suite of five rooms and a good list of patients to begin with. Dr. Clark was one of the famous football team (1900 S. C. O.) and also an active worker in the Y. M. C. A. Dr. Anthony shows his grit and confidence in osteopathy by going back to his old home to practice. He was a member of the Mandolin club, Y. M. C. A., and also associated actively with college athletics.

Dr. I. D. Carpenter writes that a permanent organization has not yet been effected in that state, but a temporary organization was effected on June 1, with a view to organizing permanently later. The officers of the temporary organization are as follows:

President—A. P. Hibbs, D. O., Ogden.

Treasurer—W. S. Raymer, D. O., Salt Lake City.

Secretary—M. McDowell, D. O., Salt Lake City.

The new organization will look after legislation and other interests in the state.

We are pleased to acknowledge the receipt of a communication from Dr. James A. McKee, D. O., who is spending a few weeks at his old home, Versailles, Kentucky, where he will remain until September, at which time he will join his brother, Dr. E. M. McKee, M. D., D. O., who is spending his vacation at Port Huron, Michigan, at Louisville, Ken., to enter upon the practice of their profession. Dr. James McKee, who is a graduate of the A. S. O. and a post-graduate of the S. C. O., is an earnest student and an enthusiastic believer in osteopathy. Dr. E. M. McKee, who is a graduate of the medical department of the University of Notre Dame, South Bend, Indiana, also pursued a post-graduate physician's course at the Still College, Des Moines, and for two terms was connected with that institution as professor of demonstrative anatomy, in which position he gave eminent satisfaction and won the esteem of faculty and students. He is a man of scholarly attainments, an able instructor and a physician of ability. The many friends the of Doctors McKee will be pleased to hear of their success, which is assured in advance. Our best wishes are extended to the new firm.

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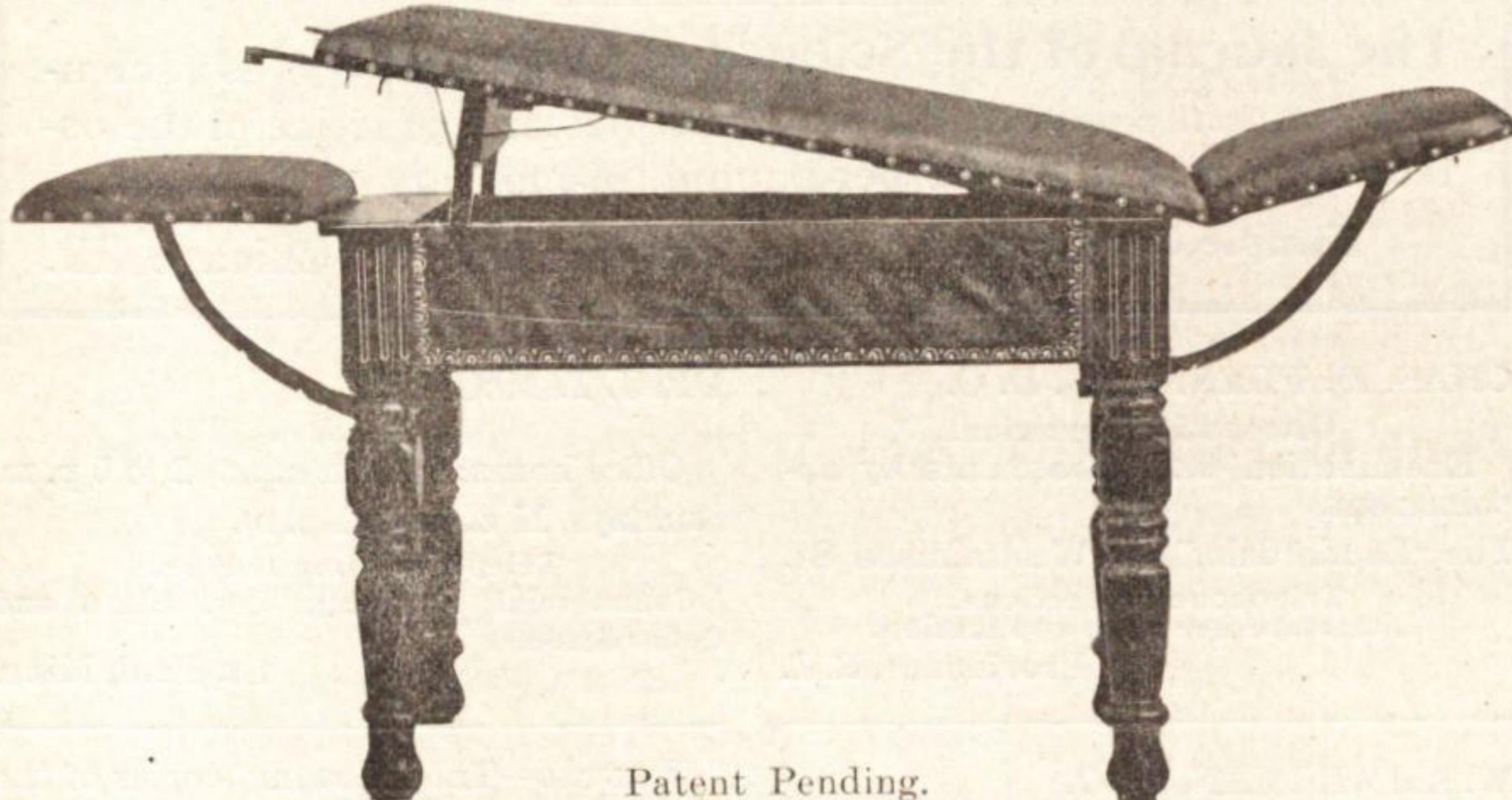
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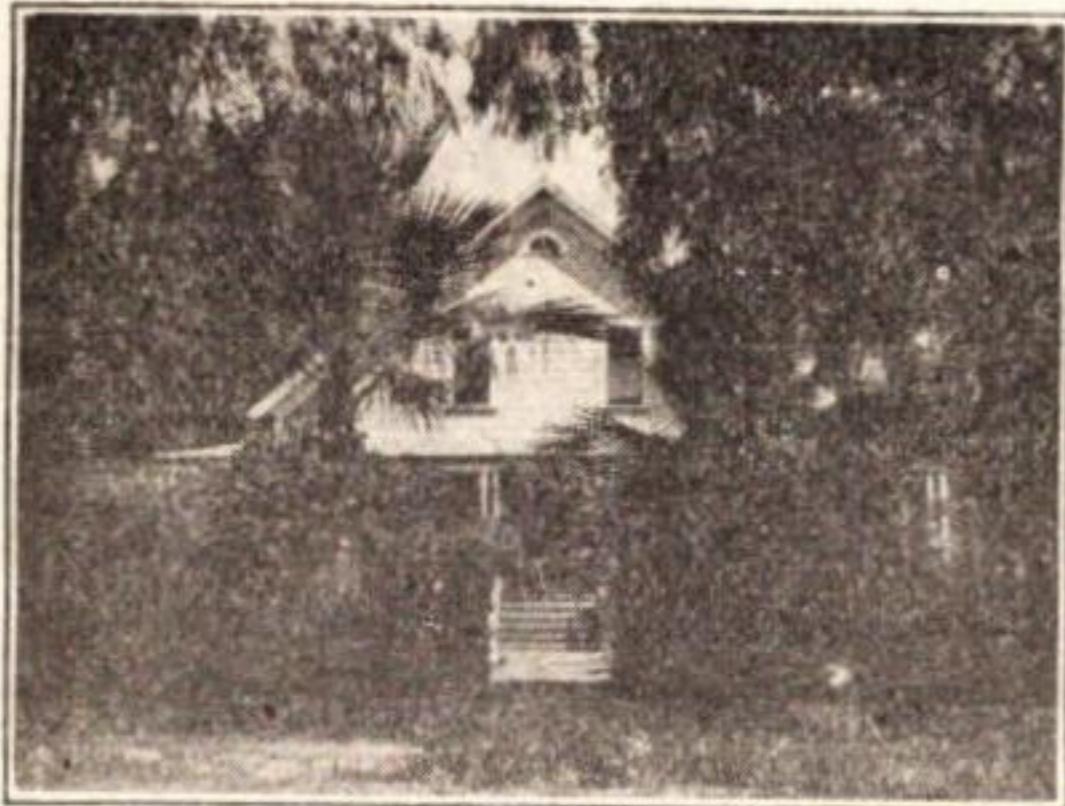
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